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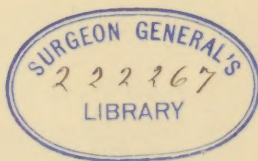


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✓ Webster Chemical Company, St Paul

• HOW TO •
KEEP WELL

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WEBSTER CHEMICAL COMPANY

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ST. PAUL, U. S. A.

[1915]

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A NEW IDEA IN HOME REMEDIES

*"To place the manufacture and sale of
home remedies upon a strictly safe,
honest, ethical and scientific basis."*

WE have watched with interest the progress of the patent medicine and household remedy business during the last fifty years.

Great fortunes have been made by manufacturers, the greatest by those who made the most meritorious articles. Their success has been emulated by lesser lights. It has also invited the quacks and charlatans to follow suit. The latter have unscrupulously robbed the public by clever, lying advertisements, offering to cure incurable diseases with some worthless concoction. They have initiated innocent people into the use of habit forming narcotics and highly alcoholic beverages. They have caused untold damage by the oftentimes ignorant use of powerful drugs and poisons. They have practiced on the common recklessness of consequences when it comes to relief from pain. They have created imaginary diseases in the minds of many by their gruesome picturing of symptoms and conditions.

The major portion of this business grew rotten, became permeated with fraud, until it could grow no worse.

And then came the National Pure Food Law in 1906. This seemingly revolutionary law, resulting from a wave of reform led by prominent magazines, was intended to drive the fraudulent manufacturer and fakir out of business. It has only partially succeeded.

In the last seven years more patent medicines have been introduced than were on the market previous to that time. For the most part these new remedies have not been

called "cures" (the law did not permit that), nor have they been highly alcoholic, nor narcotic.

But they have been largely "fakes," worthless or commonplace, and sold only on the strength of extravagant, outrageous or deceptive advertising. Such preparations as epsom salt, colored pink and sold as a relief or corrective of skin troubles, are typical of the new era. You will see these articles casually alluded to in small type in an imitation "Beauty Column," in "Answers to Correspondents," etc., and concealed in a formula calling for several other well known ingredients to be "made up at home."

This is the turn matters have taken since 1906. The public is not being harmed, but it is being gulled.

Therefore, we see today the greatest opportunity in the history of the drug business for the reputable and honest manufacturer who will carry out *this* idea, namely:—

"To place the manufacture and sale of the home remedies upon a strictly safe, honest, ethical and scientific basis."

It seems to us that what you want are safe and sane preparations, remedies that you do not have to be afraid of, a full line put out by one manufacturer whom you can learn to have confidence in and rely upon. It will be the name of the manufacturer that you will want to know, not the name of the article.

In our opinion a permanent and safe business can only be built upon honest service to the community, and the manufacturer who will give the public a square deal will reap his reward.

Therefore, we are now bending every effort to carry out this idea—to manufacture preparations that are above criticism, to advertise them truthfully and sell them fairly.

This business is business, not charity, and we are going into it because we see a great business opportunity, and

not as reformers. But we shall feel considerable satisfaction if we are successful in raising the standard of home remedies.

Here is what we have done so far to carry out this idea:—

There are now in the market under the name “Webster” nearly 100 medicinal, toilet and veterinary preparations. This line has been built up according to the following rules which we have laid down for ourselves and which we call:—

THE TEN WEBSTER PRINCIPLES

1. There shall be no harmful or dangerous ingredient in any Webster preparation.

2. There shall be only so much alcohol used in their manufacture as is necessary for the extraction and preservation of the medicinal elements.

3. There shall not be in any of our advertising or labels such descriptions of symptoms as might suggest to anyone that he is suffering from any trouble not already recognized.

4. There shall be no guaranty made to cure any ailment, but if the buyer is not satisfied with the results he is insured against loss by the Webster Insurance Policy.

5. There shall be no remedy offered to the public for any serious disease. The remedies will be confined to the relief of minor complaints for which a physician's services are not needed and for which he is rarely called.

6. There shall be no secret formulas. Druggists carrying these preparations in stock are provided with the lists of ingredients in each one.

7. There shall be no directions or recommendations which might lead people to become addicted to or dependent upon a Webster Remedy.

8. There shall be no claims made for remedial effects for Webster preparations that are not warranted by the statements by the best authorities of the remedial value of the individual ingredients.

9. There shall be applied to the production of each of these remedies the same careful, scientific analytical control over raw materials and finished product that marks the manufacture of the most powerful and important pharmaceutical preparations for physicians' and surgeons' use.

10. There shall be carried on at all times special scientific research by trained chemists, with a view to continually improve the value of these home remedies, to add such new ones as will be of value to the public and to keep the remedies abreast of all modern investigations relative to the action of drugs, etc.

PUTTING THESE PRINCIPLES INTO ACTION

PRINCIPLE NO. 1

You will find on the label of nearly every headache or cold tablet a statement of the amount of acetanilide present. There is no acetanilide in Webster's Headache Tablets or Cold Tablets. Acetanilide, phenacetine and antipyrine—the coal tar derivatives, as they are called—are very active in relieving pain, but frequently cause permanent injury to the heart. Physicians use them sparingly and carefully. Patent medicine manufacturers use them invariably and always without proper precautions. We do not believe in their use, except under the eye of a physician, and they are therefore left out of our remedies.

Morphine is found in nearly all cough syrups. Its constant use even in small doses leads to the formation of the "drug habit," as it is the chief narcotic. It is dangerous and therefore never used in Webster preparations.

Some of the greatest "drug fiends" have acquired the habit through the common use of opium—the drug from which morphine is prepared—in ointments used for the relief of piles. It is well known that the physiological effect

of drugs applied to the delicate lining of the rectum is even more rapid and powerful than if taken through the mouth. This is the theory by which medicine is given in the form of suppositories. It is absurd then to consider the pile relief as an external application and opium as a safe ingredient. It is not, and it is not used in Webster's Pile Remedy.

The Harrison Narcotic Law which went into effect on March 1, 1915, does not permit the sale of narcotics such as opium, morphine, cocaine and their derivatives, except in certain extremely small doses as part of a compounded medicine, or on the prescription of a physician.

By referring to the labels of many "patent" medicines and other so-called "non-secret lines" you may see that many of them contain the objectionable narcotics to a percentage just under the prescribed limit.

Not even the slightest percentage of any of these objectionable drugs is found in any Webster preparation. We are now years ahead of all federal and state laws.

PRINCIPLE NO. 2

Tonics and kidney remedies have long been guilty of catering to the taste for alcoholic beverages in disguise. The alcohol has been depended upon to produce the sensation of well-being which a tonic is expected to produce and through this sense of satisfaction to bring repeat sales until the ailing one has found himself—or often herself—dependent on the "wonderful" medicine.

Kidney troubles are in the majority of cases produced by over-indulgence in alcoholic liquors. How wrong it is then to offer the weak-willed under the guise of a cure some of the poison that he craves and which has been the cause of his disease.

Webster makes three tonics; one is non-alcoholic, one contains seven per cent for preservative purposes (or only

four drops to the dose) and the third only enough to extract the virtue from the drugs in the process of manufacture. These are manifestly not tipples and must depend on their merits and not on their alcoholic content.

PRINCIPLE No. 3

It will be found that all Webster preparations are recommended for certain ailments by name. Symptoms are rarely mentioned, except when unmistakable, and never described.

You will find none of the picturesque descriptions of how you feel when you have something the matter with you in Webster labels or booklets. We do not have remedies for the "vague sensations" so vividly described in advertisements of tonics, laxatives, catarrh remedies as to lead readers to readily imagine that they too are suffering from the shadowy malady.

If one has a headache, a toothache, a cough, a corn—one knows it. If one hasn't, one knows that. Of course, these are but symptoms of disorders. Treating them will not remove their cause, but we think no one will quarrel with us for mentioning such symptoms on our labels.

PRINCIPLE No. 4

This is the twentieth century and people no longer believe in miracles. It is simply absurd to say that any medicinal ingredient or combination of medicinal ingredients will invariably cure an ailment. It will do no such thing. People differ. What is one man's food is another man's poison. A splendid laxative for one will be useless in another case.

What is more, remedies rarely cure any case. You cannot cure constipation with cathartics. They give relief, but nature works the cure. You cannot cure a cough with

expectorants. They may stimulate the throwing off of the mucus, but nature does the rest. What you need from medicine is temporary relief or assistance to nature, either in preventing more serious trouble or stimulating some particular function to do extra work.

This being true, we give no "guaranty" with Webster preparations.

Instead, we do the sane and fair thing—insure you against loss if the preparation fails to give satisfaction in your case. You may return it and have the purchase price refunded. If you are the exception you don't have to pay for finding it out.

This seems to us the fairest proposition we can make. Our preparations are tried and proven. They are active and efficient. We assume that you will not expect unreasonable and impossible results from their use.

PRINCIPLE NO. 5

We believe it is perfectly safe for people to treat themselves for minor ailments.

The mother will always have her medicine cabinet and dress Willie's burns, rub Father's back and keep the household generally in good order herself. And so it should be.

Physicians who have as much practice as they want will all admit that there is no use consulting them about a cold, a minor cut and the other little complaints that are continually cropping up in the life of a family. It is only the physician who "needs the money" that objects to reasonable self medication.

We are careful in distinguishing between troubles that require medical attention and those that can safely be treated at home. Webster remedies are only offered for the latter. Even then, we often caution the patient in our directions to consult a physician in case the complaint becomes

chronic, or if it may be only a symptom of some deep-seated and perhaps serious disorder.

PRINCIPLE NO. 6

If you want to know the ingredients of any Webster preparation ask the druggist. He is supplied with full information about each one.

The placing of our formulas in the hands of the druggists provides you with the safeguard that if there were any fraud or danger in them it would soon become public.

Ask anyone who knows what he thinks of our formulas. Get the druggist to explain them to you. Refer them to your doctor. It is for that we publish them.

PRINCIPLE NO. 7

Webster remedies are meant to be used when something is wrong. They are made with the intention of helping you get well. When you are well stop using them. Neither Webster remedies nor any other kind should be used to keep well. Treat your body properly and you won't have to use artificial means to keep well.

It is our sincere wish that no one shall become dependent upon the use of any of our remedies. We caution against this in the directions, and in the following pages of this book you will find much valuable advice which, if followed, will help to keep you from the necessity of using our remedies.

Much of the sale of patent medicines as well as the practice of vampire doctors has been created by *keeping people sick*.

We are not engaged in that kind of business.

PRINCIPLE NO. 8

Household remedies and patent medicines now offered to the people are for the most part the same old-fashioned

preparation in use for generations. They go by new names, claim to be remarkable discoveries and promise results out of all relation to the possible effects of the ingredients entering into them. In our effort to place our remedies above criticism we turn our faces in the opposite direction. The statements made on our labels are based upon the scientific studies of medical and pharmaceutical writers as to the effectiveness of the ingredients.

The cautious and scientific work upon which this is based make it necessary for us to make far more strenuous efforts to keep up with the progress of science, to take advantage of every new discovery and watch the results of the continual investigations that are being made into the exact action of drugs.

In order to be able to claim even what we do claim for our remedies we have vastly to increase the efficiency and intrinsic merit of the preparations themselves over the ordinary old-fashioned kind.

PRINCIPLE NO. 9

The great chemical houses of this country are largely concerned in manufacturing "pharmaceuticals" and "chemicals," which are the materials out of which your druggist fills the prescription your doctor gives you.

Patent medicines and household remedies are as a rule made by manufacturers of limited facilities and under the direction of men ignorant of the science of medicine and pharmacy.

You have a right to know about the makers of the remedies you use and to require the same education and experience from them that you require from your physician. In fact, in justice to your health, you should know this.

The Webster Chemical Company is a subsidiary company of Noyes Bros. & Cutler, one of the largest chemists

in the United States, and has the advantage of all the equipment, facilities, ripe experience and talent built up during their fifty years of business life.

The staff of experts, the equipment, the methods used in Webster remedies are the same that have been used in the manufacture of the preparations for physicians' prescriptions. The whole system is modeled after that of the great manufacturing chemists.

These remedies are made by highly trained and educated pharmacists in a large, clean and airy laboratory, equipped with all the best and most recent apparatus. The "control" or supervision of the raw material and the finished product is in the hands of our analytical department. The packaging, labeling, etc., is in charge of a registered pharmacist and pharmacy graduate with properly trained assistants, so that the danger of mislabeling or other errors is eliminated. The formulas, the medical advice, etc., come from our scientific department. The members of our scientific staff not only are educated as pharmacists but as physicians as well, and are therefore wholly competent to prescribe for you and give directions for use. All the managers of our laboratory departments are graduates of noted scientific and technical institutions and have many years of the best kind of experience, each in his own line.

The drugs that go into the making of medicines come from the uttermost parts of the world. They may be gathered by savages or at the best by ignorant people, who may pick the wrong herb, or an unripe herb, or may mix the medicinal plant with dirt, or with a plant without medicinal value.

Drugs are such delicate matters. When the plant is growing the amount of sunshine or moisture which it has, or the kind of soil in which it grows, may cause its medicinal value to vary from the maximum to nothing. Then the

time of year it is picked, its curing and aging, have an important influence as well. Besides this, it is so easy for the drug dealers all over the world to make a little more profit by mixing dirt and useless herbs with the genuine as they pass through their hands.

How then can we guard against the purchases and preparations of drugs that are valueless? Only in one way. When we buy drugs for use in Webster's preparations we test them by chemical means to see that they contain the full amount of medicinal substance. Methods have been devised for the chemical analysis of many drugs and their "active principle" determined. The use of the microscope and many other tests show the value of others. In this way we throw out many drugs that we find do not comply with our standards. In our laboratories there is a fully equipped analytical department in charge of experts, where this work is done. After Webster's remedies are prepared they are again submitted to the analytical department to prove that no mistake has been made in their manufacture.

This guarantee that Webster's remedies are pure and of full strength is of inestimable value to you, for it means that you run no risk and that you do not pay your good money for a worthless preparation, as is too often the case. This is done for your protection. We are pioneers in the use of scientific methods in the manufacture of family medicines. You should realize what that means to you.

PRINCIPLE No. 10

The formulas for the first group of Webster preparations were offered to the public after two years of study and experimentation by several of the best qualified experts that we could secure. They are largely original and new, being modified and brought up to date by all the new knowledge and new methods of modern science.

It is our intention to continue our scientific research on these subjects upon an ever increasing scale as the growth of our business warrants.

By so doing we shall not only continue to improve the Webster remedies but we shall be adding to the sum of human knowledge.

In Germany many of the greatest discoveries in medicine have been made by business concerns which have invested huge sums in research work. The lead is a wise and progressive one and we shall follow it.

You have now heard our idea—you know the methods by which this idea has been put into effect.

The rest of the pages of this book are devoted to telling you simply how you can take care of yourself so as to avoid the necessity of taking medicine, how to take care of yourself where you have minor ailments and how the theory and idea of the Webster remedies are worked out in the individual preparations.

Read the pages of the book carefully and see, for your own satisfaction, how our general plan is carried out in each preparation. If you are satisfied with our statements, our purpose and our methods of manufacturing Webster's Home Remedies, and we believe you will be, we hope you will test out our claims.

The only way to prove what we say is to try our preparations. We are willing to let our reputation stand or fall by each one of the articles we manufacture, for we are sure that a trial of any one article will lead you to trust in the line as a whole.

CHAPTER I

THE GENERAL HEALTH

“An ounce of prevention is worth a pound of cure.” That is a wise, old saying. Pay more attention to keeping well and you will not have to pay so much either in attention or in money for getting well.

The science of keeping well is largely the science of hygiene. It requires little medicine. By hygiene is meant maintaining your general health in a condition to resist disease and keeping your surroundings in such condition that germs and other causes of disease are not prevalent.

It is the intention of this book to outline the general rules that should be observed to maintain good general health and how to treat such minor disorders as are not classified under diseases.

Here is what a prominent physician has to say on this subject:—

“The best and most permanent cures will not result from drugs alone, but from supplementing these by hygienic measures, inducing patients to lead regular and temperate lives, never eating or drinking to excess, chewing all food thoroughly, taking sufficient exercise and sleep, spending as much time as possible in the open air and sunshine and, through abundant ventilation, night and day, breathing pure air whenever practicable.”

On the other hand prompt attention to early symptoms of all troubles is very important. Do not wait until you are really sick to treat yourself. Very often immediate treatment will prevent the development of serious disorders. A cold may be prevented by the use of such a complete

treatment as Cinol when the first symptoms are noted. If constipation is attended to at once a small dose of a mild laxative will produce better results than will a purge after the trouble has continued several days. If you follow this rule you will often prevent the development of serious troubles that occur as complications of the minor complaints.

The hygiene of the household is treated in a later chapter. We will give here some of the more important rules for personal hygiene.

HOUSE.—Breathe fresh air not only outdoors but indoors. Be outdoors as much as you can. But see that when you are inside you have good ventilation. Don't be afraid of the cold. Get used to it. Your house should never be heated above 70° F. and 65° is better.

CLEANLINESS.—Keep your body clean. One cold bath a day and a warm bath once a week will keep that most important organ, the skin, in healthy condition. A cold bath should be taken upon rising and a warm bath when tired or in the evening. The hands and face should be washed frequently and the teeth and mouth cleaned once or twice a day. Clean clothes are also an important element of hygiene. Underclothes particularly should be thoroughly washed in soap and hot water once a week. In the summer, when the body perspiration is continually saturating the underclothes, they should be washed more often. Towels used on the face or body should be frequently washed, and under no circumstances should two people use the same towel. Skin diseases are more often communicated in this way than in any other.

EXERCISE.—In these days, when factories and offices claim the majority of workers, the opportunities of the average man and many women for normal out-of-door exercise are greatly reduced. It is highly important, even after a tiring day's work, to secure some deep breathing

and muscular exertion. A brisk walk or some calisthenics in the evening will often relieve that fagged and jerky feeling.

The muscles of the legs, arms, back and lungs need work. If they don't get it they make you irritable and fidgety. Outdoor workers do not, of course, need exercise after their day's work. They need rest and a time for the muscles to recuperate. But indoor workers need exercise to give the brain and nerves time and stimulus to recuperate.

REST AND RECREATION.—“Overwork” does not cause nearly so many breakdowns as does indolence. But the worry and anxiety incidental to work are responsible for most of the troubles of “overwork.”

Don't worry.

Monotony is to be avoided. Variety and change are tonics to the system.

Health depends very largely on the mental attitude. The busy, cheerful disposition helps digestion and soothes the nerves. Worry, fear, peevishness and anger hinder digestion and inflame the nerves. Therefore, cultivate an equable disposition.

You should sleep eight hours every night. Children should have ten hours and, in addition until they are five years old, should rest or take a nap for an hour or two in the middle of the day. Some authorities say that a woman should have nine hours' sleep, especially while young.

DIET.—The principal rule of diet is to eat in moderation. It is generally agreed by scientists that we eat far more than is required for proper nourishment and thereby tax our digestive faculties. Fast eating is another frequent cause of dyspepsia. Thorough chewing is a necessary physiological process. It also increases the time required for eating and is thus doubly advantageous.

Extreme fads in diet are unnecessary. The many "new ideas" as to what to eat and what not to eat, Vegetarianism, Fletcherism and all other "isms" are largely valueless. The best general rules are to have a broad variety of food, to take pains to cook it well and prepare it appetizingly, and then eat it slowly. Good teeth are also of prime importance to a good digestion.

CLOTHING.—Do not dress too warmly. The wearing of a fur overcoat on a warm day in winter has caused many a case of pneumonia. Too heavy clothing increases the liability to catch cold.

It is important that clothing should be comfortable. It should be loose around the waist and chest, so as to allow plenty of room for breathing. Uncomfortable clothing is often the cause of nervous irritability, particularly in babies and children.

EXCRETIONS.—There are four different organs in the body for throwing off waste matter, matter which has been used up and which is not needed. These are the bowels, the kidneys, the skin and the lungs. The hygiene of these parts is of the utmost importance.

The bowels should be relieved daily and regularly. The ability to do this is largely a matter of training and habit. Train yourself to be regular and it will soon become automatic.

Plenty of water is required to flush the kidneys. One should drink at least three pints a day.

Perspiration and bathing are the measures required to keep the skin performing its proper function. A bath once a day is a necessity, not a luxury. In no other way can the waste products left by the drying of the perspiration on the skin be removed.

Deep breathing and fresh air are the requirements of the lungs. For those not engaged in physical labor regular

breathing exercises are highly advantageous. This not only stimulates the lungs in their constant activity of feeding oxygen and removing carbon dioxide from the lungs, but it has a tonic and soothing effect on the nervous system.

BODY POSTURE.—Incorrect sitting and standing are indirectly responsible for much illness and invalidism.

The proper sitting posture is erect with both feet on the ground. Slouching or crossing the knees tends to curve the spine and this in time produces severe constitutional effects.

Stand as high as possible. The organs in the chest and abdomen are suspended. If the head is held erect, the chest high and the abdomen flat plenty of room is given these organs in their cage. If not, they are squeezed down and out, producing enteropsis or the "pot-belly."

THE GIVING OF MEDICINE

Even with the greatest care and the closest observance of the rules of hygiene we all need medicine sometime or other. Here are a few rules and suggestions for its administration.

Treat every medicine as if it were a poison. There is no remedy which if misused will not do harm. We have heard of children being killed by eating mild laxative tablets to excess, supposing them to be candy.

Medicines should always be kept in a closet or medicine cupboard under lock and key. See that there is always a label on every package. Read the label before using. Do not trust to your sense of touch in the dark or to your memory of the general appearance of the bottle. Always throw away prescriptions as soon as the case for which they were prescribed is over. You cannot safely identify prescriptions by the limited information on the label.

Medicines given on an empty stomach act more rapidly. This does not apply to everything, so it is safe to follow the directions of the label where the time for using is stated as on all Webster remedies.

Fluids act more quickly and more effectively than pills or powders. Small doses frequently repeated are more effective than large single doses.

Pills and tablets were devised for the busy American. They are not as good as liquid remedies. The usual hard coating frequently fails to dissolve and the pill or tablet passes through the system. Or if they do dissolve the entire dose of medicine comes in contact with one spot and sometimes does damage. However, some people must have pills and tablets on account of their convenience, so we make a specialty of convenient form. The little boxes or bottles in which our pills, tablets and lozenges come are just the size for a vest pocket or lady's purse. The pills and the coatings are of a special soft consistency so as to dissolve easily.

Quick cures are apt to be dangerous. Nature does not work quickly. If you are tempted by pain to seek immediate relief remember what the permanent consequences may be to you. Do not gamble with your greatest asset, your health. Play safe.

CHAPTER II

THE NERVES AND BLOOD

The nerves and blood are considered together because they are highly dependent one on the other and because disorders of one usually produce disorders in the other.

The nervous system is the electric wiring of the body. It is continually reporting sensations from all parts of the body to the brain and transmitting orders from the brain to the muscles and organs. Like other intelligent servants it has learned some of its business so well that it does not have to ask the brain about it, but just issues the orders on its own responsibility. This is what is called involuntary or reflex action. You do not know that you are going to wink your eye. You do not will your heart to go on pumping.

But when the nervous system is overworked and becomes tired it overdoes this involuntary action. You have the fidgets, you lose your "self"-control and your nerves run away with you. Will power is the best cure for nervous troubles. You can discipline your rebellious servants and bring them back into their proper condition by forcing yourself to "keep calm."

The blood is the delivery system of the body. Like the coal man and the ash man it brings to each cell in the body its supplies and hauls away the remnants of what has been used up. It brings supplies from the lungs, from the stomach, liver and intestines, and it returns the waste to the kidneys, lungs and skin. The heart is the pump that makes it circulate.

When we say that the blood is in bad condition we mean either that it is not carrying enough food supplies to the body cells or that it is not getting rid of the waste fast enough. Neither of these conditions is really the fault of the blood. The former is known as anaemia and is due to poor digestion or non-assimilation of food. The latter is the condition which produces skin troubles and is either due to improper digestion, which results in the blood being loaded with poor instead of good food, or the fault of the kidneys, lungs and skin which are not removing the waste matter from the blood.

When we are "run down" it is generally due to a combination of disturbances in the nervous system and blood supply. The treatment is called a tonic treatment.

But first let us see how you can take care of yourself so that you will not become "run down" and suffer from the various complaints such as nervous prostration, anaemia and skin troubles that follow on its heels.

The answer is, "Live a healthy life." Get plenty of sleep, live as much as possible in the open air and eat simple, nourishing food. If you have a tendency towards "nervousness" try to exert your self-control. The principal cause of nervous troubles is over-working the nerves either by excessive labor, physical or mental, or by giving way to morbid emotional excitement such as worry, anxiety, vexation or grief. It is a mistake to assume that nervous prostration is more prevalent in America than abroad and more common among the rich than the poor. Excessive physical labor will often produce nervous prostration; and poor nourishment and dull, monotonous lives make the trouble frequent among the poorer classes. As a matter of fact Jews are the greatest sufferers from this disorder.

The hygiene of the nerves and blood is largely of a moral nature. The greatest drain on these are made by excessive sexual or alcoholic indulgence. Avoid both.

Avoid overwork, physical or mental. Pleasure in the work itself is necessary to physical labor. Take an interest in it. And remember that strong muscles do not always mean strong nerves. In mental work regulate the periods of activity and rest. The morning is the best time for mental work and night the worst. Rest after eating, for the blood must not be driven into the brain when it is needed elsewhere. Brain workers need more sleep than laborers. Eight hours every night is necessary. If sleep comes slowly or you are troubled with insomnia work only in the early part of the day. Keep your bedroom cool and sleep on a hard bed with light coverings. Stop thinking when you go to bed. Sometimes a warm bath before retiring or hot milk or bouillon helps to soothe the nerves.

Avoid worry. Usually it is not work but worry that is harmful. Rest your brain by giving it different occupations, such as the cultivation of "fads." You need mental recreation, because the brain never rests except in sleep, and too much of one thing is what causes brain fag.

Above all don't worry about yourself. Most people suffering from sleeplessness sleep much more than they think they do. Many think they have heart disease when it is only gas pressure due to indigestion. Many times the morbid interest in their own cases and the imagination of symptoms that they have not got bring people to a real breakdown when there is nothing wrong with them. It is much better not to know what the symptoms of nervous prostration are and to forget about yourself.

These same rules should be followed when you are "run down," either when convalescing from disease or suffering from nervous fatigue or anaemia. But, in addition to the

hygienic measures, medicinal agents should be used, and if properly selected can be of real value. A good tonic treatment should be sought out and followed consistently and patiently for some time. Immediate effects should not be expected. The only kind of tonics that act quickly are alcohol and other stimulants. These are, however, always followed by a reaction which is often worse than the first condition.

The tonic of the greatest general value that we manufacture is called Webster's Ergil. It is an original pharmaceutical preparation suggested by the two systems of tonic treatment which have during the last few years been used with so much success by physicians.

The first system was based on supplying the necessary mineral ingredients of the blood and tissues in a form which could be readily assimilated in the processes of digestion. Iron, phosphorus, calcium and sodium are important elements in the body economy, and a deficiency in these elements is usually found where the nervous system is run down, the blood is anaemic, or after long illness.

The first tonic treatment consisted in supplying the deficiency of these elements by means of combining them with glycono-phosphoric acid. In this form these minerals can be assimilated directly into the system. In fact it has been found that phosphorus when digested in its ordinary form (lecithin) is converted before absorption into glycono-phosphoric acid.

The second system of tonic treatment was by means of a modern scientific development of the old-fashioned tonic bitters. By this treatment the digestive apparatus is stimulated to assimilate the necessary minerals from the natural food, its regular source of supply.

The theory of this treatment is that when by strain, overwork, long illness, etc., the nervous system and blood

are run down the general debility produces debility of the digestive apparatus, so that just at the time when reconstruction is needed the reconstructive power is weakened. By stimulating the digestion forced feeding of the nerve system can be accomplished which, in turn, restores the digestive apparatus to its normal vigor and efficiency.

Webster's Ergil is the first and so far as we know the only combination of these two methods of treatment.

It can readily be seen that if the digestion can be stimulated to supply deficient nutriment from natural sources it will work far more rapidly if this deficient nutriment can be supplied in readily assimilable or what might properly be termed "predigested" form.

The combination of these two treatments produces an ideal reconstructive tonic. Each element has been found effective singly through long experience. Their association much more than doubles their usefulness.

The salts present in Ergil are essential to the system.

Phosphorus is an important element of brain and nerve cells.

Calcium is the mineral constituent of bone.

Sodium is present in the various fluids of the body.

Iron is the basis of the red corpuscles of the blood.

We recommend Webster's Ergil wherever a tonic is needed, but especially in the various conditions of nervous debility so common in this country as a consequence of our manner of life.

It is generally supposed that the "strenuous life" is responsible for the frequency of nervous prostration in this country. This is only partly true. Emotional excitement, poor nourishment and modern cooking are more likely to be the causes.

Modern cooking, by which articles of food are presented in refined form, probably prevents the body from

securing the normal supply of mineral matter. White flour contains only the starch of wheat. Boiled vegetables have most of the nourishing salts boiled out, etc.

We could cite many other instances of over-refinement in food lowering its nourishing power.

The treatment of neurasthenia, anaemia and general convalescence from disease is rest and tonic feeding. If you will take care of the rest, Webster's Ergil will take care of the tonic feeding.

A tonic of second type that is of the special "food type" is Webster's Morol. This is a preparation of cod liver oil in its most modern form. Any oil is disagreeable to take, so this oil is made into an emulsion with the yoke of egg and other ingredients, which makes it palatable and increases its efficacy. The yoke of egg contains about seven per cent of lecithin, which is one of the natural forms in which phosphorus can be assimilated by the digestion, and that, together with the phosphorus in the oil itself, places this preparation at the head of the food tonic class. Cod liver oil has long enjoyed a great and deserved reputation. When the unpleasant taste and the difficulty of digestion are overcome by emulsification in this way there remains no objection to its use and popularity.

Two other remedies which should be mentioned in connection with this subject are Webster's Sarsaparilla Compound and Webster's Sulphur and Cream of Tartar Lozenges. These are old timers that you will instantly recognize. They are included in our list because they are standard preparations of real merit. Neither preparation is properly a tonic. They act by stimulating the carrying off of the body's waste matter through kidneys and bowels. Both have been used for generations as "spring remedies"—so called—by which is meant a general alterative to overcome the lassitude and "bad blood" following the return to warm

weather in spring. While this condition is chronic with many people in the spring it also occurs at other times, and is the cause of much of the skin trouble and so called "bad blood." Sarsaparilla Compound and Sulphur and Cream of Tartar are therefore useful in such cases as well.

Our preparations do not vary much from the standard in these cases. The quality of the materials used and the accuracy of manufacture constitute their only advantage over other makes. Our Sarsaparilla Compound also contains only the minimum of alcohol and is preferable on that account.

CHAPTER III

THE SKIN

The skin is the outer covering of the body and has many purposes. It protects the raw flesh. It contains the nerves of sensation. It regulates the temperature of the body. It breathes and absorbs oxygen from the air like the lungs. It secretes waste matter like the kidneys. Does not this make you realize what an important organ the skin is and how worthy of care it is?

It is made up of minute hard scales which are continually being shed and being replaced by growth from within. These scales show on the scalp as dandruff where they are held by the hair and not rubbed off as on other parts of the body. Between these scales are the pores which are the openings of the little glands or sacs which pour out the sweat and oil on the surface. The sweat carries the waste matter, which is excreted, and it also serves the very important purpose of regulating the body temperature. This is done by evaporation. Water in evaporating always cools what it touches. So when you become overheated your sweat glands open up and pour moisture out on the skin where it evaporates and cools you off. On a moist day when the evaporation is slower you are not cooled off so rapidly. That is why humidity in the air on a warm day makes you uncomfortable. This sweating takes place to a certain degree all the time, but as it evaporates as fast as it is secreted you do not notice it. But this continuous action is what maintains your blood accurately at its normal temperature of 98° F.

There are some two million sweat glands in the skin and nearly as many oil glands. These latter are particularly on the face and in the hair. The oil lubricates the skin, protecting it from friction and from moisture. This oil on the skin accounts for the fact that the perspiration comes out in little drops. The oil keeps the moisture from spreading all over the skin in a thin film.

The hygiene of the skin consists in keeping it clean and free from irritation. Many people suppose that they keep clean when they wash off the dirt and dust that comes from the outside. They do not know that most of the dirt on the skin comes from the inside and comes continually without their seeing it. When we remember that the skin is constantly pouring out oil and sweat on its surface, and in this way disposes of more waste matter than any other organ except the kidneys, we realize what an amount of dirt is continually being deposited on the skin. As the perspiration evaporates it leaves all this dirt on the skin and in the pores and it must be removed.

The cleansing of the skin is done by bathing. This cleans out the pores and helps to remove the scales of dead cuticle. Every one should take a bath every day. A tub is best because it enables you to thoroughly soak your skin with water. Many prefer a shower bath, but this method is not so cleansing, as the water is not continually in contact with all parts. If these facilities are lacking a sponge bath should be taken. If the parts where perspiration is most active are thoroughly gone over a sponge bath can be quite effective. A good rub with a rough towel afterwards is an essential part of the cleansing process and beneficial to the skin.

A cold bath should be taken before breakfast. It contracts the blood vessels of the skin, driving the blood in to the internal organs. In this way it acts as a stimulant to

the nerves and mind and wakes you up. Anyone can take cold baths, if he learns gradually. Begin in the summer and cultivate the reaction that comes after the energetic rub down, bringing with it the sense of warmth and well being. A cold bath should be taken every day.

Warm baths should be taken before retiring. They dilate the blood vessels of the skin, soothe the nerves and brain and make sleep come more readily. They are excellent after physical labor, as they rest the muscles and relieve spasms or cramps. A warm bath with a good soap scrubbing should be taken once a week.

Hot baths, by which we mean anything hotter than the body temperature (98° F.), should only be taken upon the advice of a physician. They are dangerous in the case of people with weak hearts or apoplectic tendencies. Baths should be taken either before or three hours after meals.

The hands should of course be washed frequently. It is well to wash the face only twice each day. Cold water should be used, as it stimulates the circulation and delays wrinkles and superfatness. Hot water must only be used when there is to be no exposure to the wind or sun afterwards, for it makes the skin tender and likely to chap and burn. It is well not to use soap on the face except rarely. If your skin is excessively oily or you live in a dirty city it may be necessary, but should only be used once a day.

The matter of soap is a very important one. For personal use only a soap made from pure oils and without an excess of alkali should be used. Rancid oils or fats and alkali are exceedingly irritating to the skin.

Soap and water is the best routine method of keeping your skin clean. But there has recently been devised another method of cleansing the complexion, that is, the face and hands, which is even more thorough. By the use of a rolling cream, such as Webster's, not only the surface

dirt, oil and dead scales are removed, but in the process of rubbing this cream into the pores and then out again a surprisingly large amount of dirt is removed after even scrubbing with soap and water. This is because by massaging with this material the pores themselves are cleaned out and far more of the dead scales of the skin removed than by the old method. In addition the massaging itself greatly stimulates the circulation in the skin and thereby helps to produce the natural condition of softness, color and health. We do not recommend the general use of Webster's Rolling Cream as a substitute for soap and water. It is a preparation for the complexion though not a cosmetic. It should be used occasionally by every woman who aspires to that clean, healthy appearance of the skin that a few naturally have. And it is particularly intended for those whose skin is thick and sallow. Such complexions are greatly improved by the regular use of this article instead of soap and water. The color is improved by stimulating the red blood to circulate more freely near the surface, and the "dinginess" of the skin is removed by the frequent thorough cleansing of the large pores that usually exist in that type of skin.

Sometimes with very delicate complexions it is found that soap and water are too irritating for frequent use. This is probably more on account of the water than the soap, if a pure soap is used. For such skins we recommend cleansing without water by the application of Webster's Toilet Cream, Greaseless. The cream should be gently smeared on the face and hands and not rubbed in, but rubbed off with a soft towel or handkerchief. This is only one of the many uses of this article; but it is increasing in popularity, particularly among women who are sensibly endeavoring to preserve an attractive complexion through advancing years and against the odds of the dirty modern

city and active modern life which their grandmothers did not have to contend with.

Another important cleansing agent under certain conditions is violet ammonia. It is indispensable for use in hard water localities, because the addition of a small amount to the hand bowl renders the water soft. It is also indispensable to people with excessively oily skins, for it dissolves and cleans away the excess oil. Many use it as a refreshing and fragrant addition to the hand basin and bath because it removes the odor of perspiration from the skin.

We said that the hygiene of the skin consists in keeping it clean and unirritated. Having suggested the means of cleanliness let us consider the means of preventing and relieving irritation.

This is usually accomplished by the use of toilet creams and toilet powders. The purpose for which these articles are made and bought is often lost sight of. The prevention and relief of irritation of the skin requires medicinal treatment. Toilet articles for the purposes are too often mere sweet smelling nonentities. Both manufacturer and user too often forget the medicinal requirements in their interest in the odor. We consider that the manufacture of such articles should be entrusted to competent chemists familiar with medicinal preparations and not to perfumers. And we have planned and prepared our toilet articles with their medicinal value uppermost in our minds.

Of necessity there is a variety of creams in our line. No one type will suit all tastes or requirements. But in the main they divide themselves into those intended for the prevention of irritation, such as Toilet Cream, Witch Hazel Jelly and Toilet Talcum, and those for the relief of irritation, such as Cold Cream, Rose Cream, Almond Cream and Camphor Ice.

Webster's Toilet Cream, Greaseless, the most generally used article of all, is a skin preservative. By that we mean that it is a protection to be applied to the skin before exposure to either wind, sun or irritating dust. Being of the vanishing type it can be rubbed well into the skin and the gloves or veil put on immediately without any of the greasy effect. The face powder stays on when applied on top of Webster's Toilet Cream. It is useful after washing to counteract the irritating effects of soap and water. Like all other Webster skin preparations it will not turn rancid nor cause the growth of down on the skin.

The other preventive of irritation is Witch Hazel Jelly, a greaseless jelly with the odor and medicinal effect of witch hazel. It is put up in tubes and is therefore convenient for travelers. But its principal usefulness is for men after shaving. The advent of the safety razor has created millions of self shavers. Are these men taking care of their skin as the barbers formerly did with their steaming cloths? We fear not. Shaving is irritating to most faces because in the process most of the protective skin scales are removed. That is why the skin feels so soft after shaving, but it is also why it is tender. Protect it with a thin film of Witch Hazel Jelly until it can protect itself again. The witch hazel is slightly astringent, driving the blood from the surface skin vessels temporarily and the other ingredients help to relieve that "tight-drawn" feeling.

The uses of toilet talcum are so generally known that we need not describe them. It is both a protection against and a relief from irritation. But in order to be beneficial and not harmful it must be of the utmost fineness. Webster's Violet Talcum is intended primarily for the skin of infants. It is exceedingly fine and contains absolutely no gritty particles. If it can meet the requirements of a baby's

sensitive skin it can be nothing but beneficial to the less sensitive skin of the grownups.

All the milder irritations of the skin, such as are caused by exposure to the elements, chapping, chafing, etc., are properly treated by the toilet creams. There is the Cold Cream, the solid fatty preparation in glass jars; the Almond Cream, a thick, creamy-white liquid which also contains some oily ingredients; the Rose Cream, a semi-transparent jelly-like lotion, and the Camphor Ice, a white stick in the push-end tube.

The Camphor Ice is perhaps the best for chapped lips and cold sores. A selection among the other three creams is largely a matter of taste. Cold cream is used most largely to overcome dryness of the skin because it best supplies oils when the natural supply is deficient. Almond Cream is less oily. It contains no alkali—an irritating ingredient frequently found in creams of this type. Rose Cream contains no oil whatever and therefore resembles the vanishing cream type. It is perhaps the most effective of the three in relieving severely chapped or roughened hands.

Severe irritation develops into inflammation. Inflammation also develops from many other causes, such as abrasion and injuries, and from the minor skin diseases like eczema, acne, etc. Skin inflammation cannot, of course, be treated with toilet creams. They require more powerful and strictly remedial agents.

The hygienic measures and treatment to be adopted for skin injuries and abrasions, such as cuts, burns, wounds, stings, bites, etc., are placed for convenience of reference under the chapter, "First Aid to the Injured." The preparations we make for use in such cases are Dermolatum, Antiseptic, Carbolic Salve and Arnica Healing Ointment.

The first and most important of these four "first aids" is Webster's Dermolatum. This ointment is prepared from

an original and unusually meritorious formula. It is a combination of three tried and proved preparations in one. Each of these has been used effectively for different phases of skin inflammations. The value of one is largely antiseptic. The second has a protective, drying effect. The third stimulates the blood to do its repair work and cools and soothes the fever and pain caused by the inflammation. The combination of the three in one produce the most positive and remedial ointment we know of. It is not an invention, but a piece of ingenuity.

The Antiseptic is useful as a first wash in cases of open wounds or cuts. It is absolutely non-irritating and its mild antiseptic action will relieve the sting and, under ordinary circumstances, prevent infection of the wound after it is dressed. In cases of slightly inflamed wounds or where there is a discharge of matter, as in boils and certain skin troubles, we recommend washing the part with the Antiseptic and then applying a dressing soaked in this preparation as a safeguard. It is mild in its action and must not be depended upon where the inflammation or festering is serious. In such cases a physician must be consulted at once.

Webster's Carbolic Salve and Arnica Healing Ointment are two standard salves that have long been used for these purposes. They are carefully adjusted to the proper and uniform strength and can be depended upon by those who have become accustomed to using salves of this type.

All of these four products are useful as well in the ordinary rashes and inflammations of the skin which come from internal causes. But their action in such cases is confined to short lived conditions and they should not be depended upon in such chronic troubles as eczema, acne and psoriasis.

For the chronic eruptions of the face we can recommend one preparation only, and one that was devised and has been

used for that purpose only. Webster's Skin Treatment consists of a lotion and a medicated soap. The formula for these products was prepared by a practicing physician. He used them so successfully that fellow doctors all over the country sent to him for his treatment. Its popularity attracted our attention, and after satisfying ourselves with reports on the results in nearly 100 cases we secured the privilege of placing the preparation in the Webster Line.

Skin eruptions usually have internal, not external, causes. Therefore external treatment can only relieve and cannot cure. Sometimes Webster's Treatment permanently removes the eruption; sometimes the effect is only temporary and the trouble returns, and sometimes it is necessary to continue the treatment indefinitely in order to control it. Usually, however, relief is secured, the itching and dryness are stopped, the complexion is cleared, and these benefits are surely sufficient to warrant the trouble and expense even if a permanent cure is not produced.

The treatment is absolutely harmless even when used continually for years. When applied the lotion gives the skin the appearance of a light application of powder. Of course we do not advocate its use as a beautifier, but mention this to show that it has no unpleasant features.

Before using Webster's Skin Treatment it is well to have a physician determine the nature of the eruption if it is new. The eruptions of scarlet fever, measles, etc., resemble eczema and acne sufficiently to make confusion possible. Of course if the eruption has continued over two weeks without other ailment it cannot be due to an eruptive fever.

CHAPTER IV

THE MUSCLES AND JOINTS

The muscles and joints are the motive system of the body. The joints are the bearings of the human machine and the muscles do the work. If our skeleton were solid and had no joints we would not move, no matter how strong our muscles were. And, of course, with a frame made up of small bones jointed at the ends, we would simply collapse if we didn't have muscles to support our frames and hold them erect. This calls attention to two points that are frequently forgotten.

FIRST. The joints are worked just as hard as the muscles when we are in motion.

SECOND. The muscles are working all the time except when reclining.

Here are two good examples of these truths. On a piece of machinery it is usually the bearings that wear out first. So in the body. On a bridge the steel trusses bracing it in position undergo constant strain although they are stationary. Just so in the body.

But there is still another way in which the joints of the body resemble the bearings of an engine. They have to be oiled. Joints are not just hard, bony heads moving around in hard, bony cups. They are permeated with blood vessels, continually building up cartilage, or gristle, in the sockets and feeding the tendons that hold them in place. Irritation in the joint might almost be compared to a hot-box.

Does this comparison suggest to you what the hygiene of the system of muscles and joints must be? Like an

engine it requires a constant supply of oil and fuel and alternate periods of work and rest and repair. And let us emphasize that it requires the work as much as it does the rest.

To keep your muscles and joints in good order nourish them properly and rest them properly. Directions for proper nourishment are given elsewhere in this book and the same directions for exercise and rest given for the nerves apply here, so we will not repeat them.

The ailments of the joints and muscles, such as rheumatism, lumbago, sprains, etc., can only be cured by a physician. We offer no preparations for their treatment. But there is a class of minor pains and aches of the muscles and joints that can be relieved by several of the remedies we make.

Slight sprains, muscular strains, lameness, stiff neck, muscular cramps and other similar ailments resulting from exposure and overwork can be greatly relieved by treatment on the surface. The condition that exists in all these troubles is due to insufficient nourishment or failure of the blood to remove waste products fast enough. The treatment is "counter-irritation." A hard rub or massage with Webster's White Liniment stimulates the blood circulation, and the blood does what is needed. The rubbing does some good and the medicinal agents which enter into the skin and are absorbed do the rest. The treatment is a scientific and logical one and should be used in such cases. It is also beneficial for athletes, after violent exercise, to prevent the very same conditions that result in what we call "stiffness." The old-fashioned "alcohol rub" given in so many trainers' quarters has no value other than that of the rubbing and the cooling effect of the alcohol on the skin. A less violent rub with some Webster's White Liniment will produce a better effect.

This liniment itself is a creamy white emulsion containing camphor and other circulation stimulants. It is pleasant to use, carefully adjusted in strength, and uniform. The greasy after feeling and unpleasant odor associated with so many liniments are absent in this one.

Webster's Arnica Healing Ointment, on account of the popularity of arnica for sprains and strains, is also much used for these purposes.

For internal aches and pains generally, such as rheumatic pains, neuralgia, headache, earache, sore throat, cramps and sprains, Webster's Dermolatum and Webster's Anodyne are both useful. The ingredients in these articles are readily absorbed into the skin and when applied externally exert their effect at a surprising depth. They are more convenient in form for certain parts of the body than White Liniment, though much the same in use. The Dermolatum, being in ointment form, can be rubbed into the skin where it is desired to cover only a small area. The Anodyne is properly applied in the form of a hot poultice. It is useful in sore throat and stomachache or cramps.

CHAPTER V

THE DIGESTION

Most people suppose that digestion takes place in the stomach. They also suppose that the stomach is in the abdomen. The fact is that the stomach is below the heart and in the chest and that it only digests one kind of food.

Digestion starts in the mouth, is continued in the stomach and completed in the intestine or bowel. Digestion is the conversion of the food into a form in which it can be absorbed into the blood and used. The absorption is called assimilation and is as important as digestion.

Very little of your food is eaten in assimilable form. A chemical change has to take place which is produced by the digestive juices of the mouth, stomach, liver and pancreas. The valuable part is then extracted from the useless part of the food and dissolved by the digestive fluids. To assist in this extraction you first cook your food and then chew it so that the fluids can reach all parts of the meal. Then the stomach takes it and churns and mixes it all up to complete the process.

The hygiene of digestion consists in the proper selection of food, the proper preparation of it, the proper eating of it, and then, too, the maintenance of the general health at such a point that the digestive tract automatically performs its normal operations.

The proper selection of food means a balanced and varied ration. A great many of the theories in regard to diet are fads and are useless and absurd. If in good health and equipped with a good digestion adults can do best on a

normal average diet. Meat and eggs in moderation, vegetables (fresh, if possible), sweets and fruits in moderation, and bread and milk form the normal diet. Spices should be used as little as possible. Each individual will observe for himself or herself that certain articles of food do not agree. Some cannot eat acid foods, some cannot drink milk, etc. But these are the exceptions. Alcoholic liquors, while they seem to warm the stomach and increase the appetite, really decrease the ability to digest the food. They induce overeating and are the principal causes of indigestion.

Good cooking is far more important than people think. The desire to eat and the enjoyment of the good flavor exercise a powerful control over the digestion. Forced eating is not nourishing. Do not be above good cooking. Make your food as appetizing and digestible as you can. Manufacturers spend thousands of dollars to find out how to make their furnaces eat up all the coal they give them and not waste any in the form of smoke. It is just as important for wives and mothers to serve their families with food that will be digested and assimilated to the maximum.

Food should not be served very hot or very cold. Extreme temperatures hurt the lining of the digestive tract. Do not depend on spicing to make things taste good. Spices act like alcohol on the stomach. Instead provide a wide variety. Variety is the spice of life.

Proper eating is generally assumed to consist in chewing one's food well. While this is of great importance it is not the whole thing. There is the timing of meals, for instance. A hearty breakfast before the body activity is fully aroused is bad timing. Eat a light breakfast and a light luncheon. The heartiest meal of the day should be eaten at an hour of composure. The best time is in the evening after a little rest from the day's work. Eat slowly,

composedly and cheerfully. Enjoy your food and encourage cheery conversation. Avoid discussions and the consideration of gloomy subjects. Laughter during meals is splendid for the digestion. Do not eat right after bathing or right after exercise. Remember that your digestion requires extra blood while it is working. Do not call that blood away by working some other part, either mental or physical, for an hour after your meals.

Chronic indigestion or dyspepsia in any of its forms is a serious matter and may sap your vitality. It is a matter for your physician to study and treat and not for you.

Of course most people do not suffer with chronic indigestion. For such symptoms as gas, belching, discomfort, mild nausea, burning sensation in the stomach before meals and sour stomach, if only occasionally, we can offer a remedy that will usually give relief. It is based on the outline of proper treatment for occasional indigestion given by one of the principal medical authorities. He recommends a combination of ingredients to stop fermentation and absorb the gases produced by it, to stimulate the muscular coating of the stomach, to increase the power of digestion and to assist in removing the undigested matter from the bowels. We have selected standard drugs to perform these four functions and combined them in the right proportions in a lozenge which is pleasant to taste. It is called Webster's Digestive Tablet.

For those who are troubled with gas alone charcoal is sufficient. Webster's Charcoal Tablets are prepared from the purest willow charcoal washed and made into palatable form. On account of their hardness they will not blacken the mouth if eaten carefully.

CHAPTER VI

THE BOWELS

The bowels are the sanitary system of the human body. They remove the waste (the unused portion of the food) and are responsible for more human misery than any other part of the system. Just as unsanitary conditions in a city produce disease so they do in the body. The failure to remove waste matter that is putrified will create this unsanitary condition in either.

From the time that digestion and absorption are finished in the upper intestines putrefaction of the contents begins. It is produced by millions of bacteria that inhabit the intestine. The bile, secreted by the liver, is an antiseptic which prevents the bacteria from spreading or becoming too numerous. This bile and other fluids, together with the muscular action of the walls of the bowels, gradually work down the contents until they are passed out through the rectum. This journey is accomplished in from two to six hours.

The failure of this function to operate properly goes by the name of constipation. When we remember that this is the most common complaint in all ages and conditions the hygiene of the bowels becomes a matter of prime importance.

The first law is this. You must have one evacuation each day. The most natural time is in the morning, immediately after breakfast, and the regularity of this process will soon establish the habit not only in the memory but in the bowels themselves. The privy should be light and airy, comfortable and convenient. The seat should not be high. One should lean forward and concentrate his mind on what he is doing. Reading or thinking just delays the

operation. It is important that children should be trained in this regularity from the earliest childhood, as it is a habit that will be of inestimable value to their health. Everyone should immediately satisfy the desire for relief as soon as it comes. If this signal is ignored it will soon cease to operate. Do not let false modesty interfere. Women in public places or at social functions should obey nature and not man's convention.

The principal harm resulting from constipation is what is called auto-intoxication or self-poisoning. The matter in the bowels is normally semi-liquid. If it is not removed promptly the liquid portion is absorbed through the walls of the intestine into the blood. As it contains much putrefied matter it is poisonous and a lowering of vitality throughout the body, pain, ague and headache result from this absorption.

The treatment of occasional constipation is medicinal. The description of the different remedies is given later in this chapter.

But the treatment of chronic constipation must be largely non-medicinal. A cure cannot be obtained by the use of cathartics, for these gradually lose their effect if their use is continued. The proper medicinal treatment is the use of one of the laxatives in gradually diminishing doses until it can be dispensed with altogether. Do not let yourself become dependent on drugs for your natural function. Do not use quick acting, purging drugs. They are too violent and are harmful as well as unnecessary.

The treatment of chronic constipation takes time and patience. You must first learn the habit of regularity. Avoid overfeeding, or fast eating, or irregular meals. Eat more vegetables and drink more water. Eat fruit. Avoid alcoholic drinks, tea and coffee. Exercise all parts of the body. Several short, brisk periods are preferable to long endurance tests. Take breathing exercises. Calisthenics are good if not overdone.

Drink five to six glasses of cool water each day. Warm water helps relieve irritation or pain, but is not pleasant for regular use. A glass or two of hot or cold water before breakfast frequently stimulates natural action.

If relief and a relieved feeling does not come after evacuation see a physician, as that may indicate that your trouble is caused by some obstruction in the bowel.

Above all do not worry. It only does harm.

In the treatment of constipation the laxative and cathartic drugs are preferable to the enema or douche. The enema should only be used occasionally and when absolutely necessary. One quart of water is enough and should be cool, not hot. Abundant, warm and frequent douching is one of the commonest causes of chronic constipation, producing a washed out and weakened condition of the bowels.

In the selection of laxatives care should be taken to avoid the griping kind and to use only such remedies and in such doses as will produce a normal evacuation. These preparations act differently with different people and each individual should try different ones until he or she has found the one that suits best. On account of this variation we prepare a large variety of laxatives and cathartics, combinations of different drugs in the right proportions, so as to afford a complete selection.

To quote from a high authority, "Some have conceived the ridiculous idea that they can do much better by going several days without evacuation and then taking a drastic purgative which will, as they express it, give them a good cleaning out."

This harmful practice should be condemned.

The laxatives are divided into three classes, the salines, the vegetable drugs and the oils.

The salines are represented in the Webster group by two preparations, Sodetts and Hepatic Salt.

The Sodetts are a great innovation and overcome all the distaste and difficulty in the use of "salts" that has previously existed. They are small, white wafers, each containing a full dose of a combination of salines that act upon the liver and bowels gently but effectively. Of course you have none of the salty taste; you do not have to swallow the effervescing gas; there is no measuring of the dose; all you have to carry around with you is a small, flat box that slips into the vest pocket or hand bag. These little "slip-and-go-down" wafers are quite an improvement over other salts.

A similar preparation, only in powder form, is Webster's Hepatic Salt. This is an effervescent powder and is put up in bottles. It is a combination based upon the analyses of the famous mineral springs of Europe at Carlsbad and elsewhere. These salts are so treated that when they dissolve and effervesce in a glass of water they have almost none of that bitter, salty taste usually found in salines. This Hepatic Salt is useful in biliousness and is considered to be of benefit in dissolving the deposits that are supposed to cause the pain in rheumatic affections.

Another preparation producing a similar effect, but in still different form, is Webster's Candy Laxative. It is a recent discovery, a new chemical which acts in the same way as "salts." These little pink, loaf-shaped tablets are pleasant and convenient to take and do not produce griping. They are divided in two, so that a half dose can be given, and are, on that account and because of their pleasant taste, particularly well adapted for children.

The Webster laxatives made from vegetable drugs are four, all different and intended for different uses.

Webster's Fruit-Lax is the most important, because this product, which was worked out after long experimentation in our laboratories, represents the best medicine for chronic constipation that has been devised. It is tonic in effect

and its continued use over several months in gradually diminishing doses is of great aid in restoring the natural functions. The reason for this is that it is composed largely of fruit juices and pulp in syrup form. It is based on the old-fashioned confection of senna, which, on account of its inconvenient form, is now rarely used, but which has been acknowledged to be the best tonic laxative ever devised.

Then there are the two pills, Webster's Little Liver Pills and Webster's Cathartic Pills. The first are tiny granules very concentrated and especially easy to take for any one for whom large pills are hard to swallow. They act principally on the liver and are therefore useful when the constipation is caused by biliousness, as is so often the case.

The Cathartic Pills are the most powerful cathartic we make. They are intended for use in cases of illness where an immediate and complete evacuation is necessary or where constipation is so severe that ordinary laxatives will not produce results. We do not recommend them for constant use.

For the type of constipation known as "biliousness" there are two remedies, calomel and castor oil. The former is perhaps better used at the direction of a physician. The latter is safe and reliable, but to most people nauseating. To overcome this defect in a most useful drug we have succeeded in so flavoring it that its natural odor and taste are completely disguised. It goes by the name of Webster's Aromol, so that even the name is concealed from children who might otherwise discover what they were taking.

Among the old-fashioned remedies still popular, and in our opinion meritorious, is the Laxative Tea. Ground herbs of the finest quality, carefully cleaned, are put up for "brewing" a laxative drink. This is so much more pleasant than the similar licorice or German powder that anyone preferring this form should try Webster's Laxative Tea.

It is more than a laxative, having ingredients in it which have a general tonic action on the system.

OTHER BOWEL TROUBLES

There are other complaints which occur in the bowels or complications caused by constipation and calling for treatment similar to constipation.

Diarrhoea is not as generally supposed an excessive functioning of the intestine to be stopped by anti-laxatives. It is usually the symptom of an effort by the bowels to get rid of an irritating condition, such as gas, local indigestion or constipation. Therefore the best first treatment is a gentle cathartic which will remove the cause of the trouble.

After this is done the diarrhoea frequently continues, and for the purpose of stopping the further action there are three preparations in our list. These might be called the mild, the medium and the strong remedy. The first is Senna Compound and is intended primarily for infants. It combines the first cathartic treatment with the second preventive measure. Webster's Neutralizing Cordial is the medium remedy. It also produces, first, the cathartic effects necessary, and then warms and stimulates the intestines so as to restore their natural condition. It is a most delightful and harmless relief for the painful and exhausting summer complaint. The strongest remedy is Blackberry Compound. This should be used after a cathartic has acted. It will stop the most obstinate diarrhoea and will act as a powerful stimulant to overcome the exhaustion and chill following violent diarrhoea.

Colic and flatulence are always disagreeable and sometimes painful, especially in infancy. Cramps in the stomach and so-called "Stomachache" when situated in the abdomen are unusually caused also by gas or local irritation in the bowels. They are all to be treated in the same way

as diarrhoea. Webster's Senna Compound is the best remedy for these complaints so common to babies. The old "soothing syrups" given when baby cried were unqualifiedly bad in every respect. Senna Compound soothes by removing the cause of the fretting, not by deadening the nerves. It is absolutely harmless, can be used frequently without risk and will remedy most of the minor digestive troubles of infants.

Headache and neuralgia are properly treated under this heading because they are usually caused by indigestion and constipation. Of course, eye strain, exposure and other causes are responsible for some headaches, but the large majority come from "the cry of the nerves for better blood." The absorption into the blood of the waste products passing through the intestine causes pain in the most sensitive nerves in the forehead. The logical and sound treatment of headache is then to relieve the bowels of their accumulation, prevent the excessive putrefaction that is going on and stimulate the nerves to recover from their poisoned conditions. This is the method adopted in Webster's Headache Tablets. It works, and it works without the use of the dangerous coal-tar products already referred to, which simply deaden the nerves, make you unconscious of pain and allow the poisoning process to go on. This preparation is, perhaps, the best example of the carrying out of the Webster principles and is the first and only headache remedy of the kind on the market.

Skin affections of the more serious kind are not produced by bowel troubles; but many muddy, pimply complexions are due to this cause alone and are cured when constipation is removed.

The ailments of the anus or rectum, such as piles, fissures and fistulas, not only cause but are the result of constipation. The accumulation of hard masses in the rectum

press on the veins and cause varicose veins (hemorrhoids or piles). The violent pressure necessary to expel these hard masses bruise and tear the delicate lining, and these are known as fissures. Fistulas are abscesses in the rectum and should always be operated upon by a surgeon. The same course is advisable in the case of long continued piles. But for ordinary cases of piles and fissures a protective treatment like Webster's Pile Remedy is sufficient. The soothing, antiseptic and astringent ingredients in this ointment will relieve the itching and pain, prevent infection and cause the withdrawal of the blood from the swelling. It is administered by means of a hard rubber tube screwed on the end of the tin tube in which the ointment is put up. This permits internal application without danger of further injury to the delicate tissues. It is important to employ a remedy for this purpose which, like Webster's, does not contain opium, for that drug is as rapidly absorbed and as dangerous when applied to the rectum as when swallowed by the mouth.

When suffering from piles or fissures it is important to secure soft, easy evacuations of the bowels. It is desirable to have these evacuations twice a day, so that the stools may be as small as possible. To procure this effect we recommend Webster's Fruit-Lax or Candy Laxative, or, if not troubled by constipation, Webster's Sulphur and Cream of Tartar Lozenges.

Itching of the rectum, when not caused by piles, usually occurs at night. It is due to the pressure of accumulations in the rectum which produce irritating mucous discharges. Usually an evacuation of the bowels immediately relieves it. If not, it may be treated with Webster's Pile Remedy.

CHAPTER VII

THE KIDNEYS

The kidneys are the body's scavengers which remove the used up matter from the blood and dispose of it. The two kidneys are located at the back between the hips. They are practically filters which allow the burned up cells and much of the water or serum of the blood to filter through and go out into the bladder as urine.

In health the kidneys give very little trouble if they are treated right. They are not subject to frequent disorders as are the bowels, and go on performing their work faithfully day by day. But if they are overworked, or if the blood passes out through them large amounts of matter that is not normal waste matter, there is apt to be trouble. Irritation is set up and in the face of extra work to be done even the regular work is interfered with. Many of the so-called kidney diseases are really not primarily kidney troubles at all, but occur in this way. Thus diabetes is a condition in which sugar is given off through the kidneys. In time this unnatural excretion causes trouble in the kidneys and produces the distressing symptoms of the later stages of the disease.

It is useless as well as foolhardy to attempt to treat any serious or long-standing kidney trouble yourself. Frequently the cause is not in the kidneys, so any treatment for kidney trouble will be ineffectual. In any case the ailment is of sufficient importance to require the best medical attention.

The hygiene of the kidneys is simple. Do not overwork them. Give them plenty of water. They are overworked

when food and drink are taken into the system which produce more waste or different waste than is natural. Excessive eating of meat produces more nitrogen in the kidneys than they should have to take care of, and alcoholic excess causes abnormal waste products which are poisonous to these delicate organs. Therefore, confine yourself to a reasonable diet, moderate meat rations, moderate acid fruits and very moderate alcoholic beverages.

Overeating and overdrinking are the commonest causes of kidney trouble. Frequently from these causes and from exposure temporary irritation is set up. The commoner symptoms are pain in the loins, called "backache," and abnormal urine. If these conditions are only occasional they can usually be treated successfully by one of the diuretics such as Webster's, or by a well made Kidney Pill, though the later in our opinion is not so efficient as the liquid remedy.

Webster's Diuretic contains drugs which cause an increased flow of water through the kidneys, thereby flushing them out. It also acts as an antiseptic and soothing agent to the inflamed membrane. It contains a salt which helps to dissolve the acid waste products of the blood which are apt to accumulate when the kidneys are not working properly. It is a safe and dependable preparation and to be preferred to those highly alcoholic remedies for all kidney diseases which are often sold to the unwary and frequently do more harm than good.

The Webster Kidney Pill is of similar composition. It has the advantage over ordinary pills of being of soft consistency so that it readily and certainly dissolves in the stomach.

CHAPTER VIII

THE NOSE, THROAT AND LUNGS

The nose and throat are the openings for the lungs through which the air we breathe is taken into the lungs. In the lungs this air is brought into contact with the blood which absorbs oxygen from it and returns the waste carbonic acid gas to it. This air is then exhaled.

The nose filters most of the dust from this air and warms and moistens it to the proper humidity. For this purpose there are fine hairs in the nostrils and there is a constant secretion of mucus which is partly evaporating and partly washing down the dust towards the opening whence it can be blown out. This mucus is to a certain extent germicidal as well.

When you know what the nose does you can readily see why mouth breathing is bad, for the mouth is not provided with the same facilities for filtering the air.

The throat divides into two openings, one to the stomach and the other to the lungs. The latter is the one which we will consider in this connection. It is called the larynx and in it are situated the vocal chords.

From the larynx the bronchial tubes conduct the air into the lungs.

Now, almost all the ailments of the nose, throat and lungs are produced by germs in the air we breathe. The mouth itself is a hotbed of germs which often infects the breathing apparatus. The hygiene of the mouth is dealt with elsewhere. Remember, however, that the hygiene of the mouth is not only for preserving the teeth but for pre-

venting the infection of nose and throat by the germs that find it such an agreeable abode.

The hygiene of the breathing apparatus lies principally in making the body resistant to cold and to changes of temperature. This can be done by adopting the cold bath habit, by avoiding overheated rooms and over heavy clothing and by getting plenty of fresh air. Sleeping outdoors, now becoming so general, is a splendid aid in strengthening the resistance to cold. At any rate sleep only in a room with wide-open windows. The dry air of heated houses in winter is bad, both because it weakens the resistance to cold and because it dries the mucus of the nose and lungs.

Exercise and deep breathing not only aid the general health but forestall the stiffening of the chest muscles so common to old age. When taking breathing exercises it is just as important to empty the lungs as it is to fill them. Calisthenics are an excellent combination of exercise and deep breathing and should be an important part of the daily routine of those who do not use their muscles and fill their lungs with fresh air in the ordinary course of their daily occupations.

The principal disorders of the breathing apparatus which can be treated at home are colds, catarrh, grippe, sore throats, coughs and bronchitis. Any of these symptoms if accompanied by fever require the attention of a physician, as they may indicate the approach of the eruptive fevers or diphtheria. Any inflammation of the lungs should be referred to a physician, as it may mean pleurisy, pneumonia or tuberculosis.

These ailments of the breathing apparatus are all on the same order, but in different parts. Exposure to cold drives the blood from the surface, thereby reducing the power of the surface tissues to oppose the attacks of the germs that are constantly present. Infections by the germs

causes inflammation and an extraordinary flow of blood back to the point of attack in order to destroy the germs. This flow of blood is what we call swelling. This extra activity produces a greater production of mucus.

This process is the same whether it be in the nose and called a cold or catarrh, or in the throat and called a sore throat or cough, or in the bronchial tubes and called a cough or bronchitis.

A cough is just a symptom. It is an effort of the system to throw out of the bronchial tubes or larynx any irritating or obstructing matter. In the case of a "dry" cough the cough is caused by irritation and unless this irritation is caused by dust, etc., the coughing does no good. It is of dry coughs that it is said "the worst thing for a cough is coughing." The sharp expulsion of air only increases the irritation in these cases. But with "loose" coughs the cough is induced by obstructing matter in the shape of mucus or "phlegm," and in this case coughing is needful and beneficial.

A sneeze is the same thing to the nose that a cough is to the throat and bronchial tubes.

Catarrh is simply chronic irritation. It is commonly used to mean nasal catarrh, which is a continuous cold-in-the-head. It is very common and is not as disgusting as incurable, or even as serious, for that matter, as many would have us believe. It usually arises from the neglect of a cold or from general poor health.

The general care of all these conditions is much the same, though, of course, treatment must be adapted to the location of the trouble.

Upon the first indications of a cold, sore throat or cough one should avoid exposure, keep warm, go to bed as soon as possible, produce perspiration, keep well covered and drink an abundance of water.

After the attack is under way keep warm, eat lightly and do not smoke.

The medicinal treatment of all these troubles is similar. First, a local application should be made to relieve the inflammation. Second, an internal medicine should be administered which will relieve the feverishness and stimulate the secretions. Third, a cathartic should be taken to open the bowels and keep them open.

Following this system, which is well recognized by all authorities, we have prepared for colds in the head a combination package of all three needful remedies. The idea is that with this convenient, complete treatment in a small box it will be possible for the average person to take care of a cold and oftentimes to nip it in the bud without interruption to his regular business. Thus catarrh and other more serious complications can be surely prevented.

This treatment, called Webster's Cinol, consists of three small vials in a flat vest pocket box. The first vial contains a soothing medicated oil which is dropped into the nostrils by means of a medicine dropper which comes in the package. This relieves the irritation and swelling and acts as an antiseptic and protective to the inflamed membrane of the nose. The second vial contains chocolate colored tablets to open and keep open the bowels. The third vial contains white tablets which reduce the feverishness and help to prevent putrefaction in the bowels which causes fever.

This triple treatment in convenient form makes it inexcusable for anyone to neglect a cold.

For catarrh, or chronic cold, we supply a medicated jelly called Catarrh Jelly. This comes in collapsible tubes and is snuffed up into the nostrils where it forms a protective and antiseptic coating to the membrane. It is mild enough to be used continuously over quite a period, and

while it cannot be depended upon to cure long standing catarrh it will give great relief and assist in a permanent cure. In the case of catarrh the other two internal treatments are not required.

A third local treatment of still broader usefulness in colds, catarrh or sore throat is Webster's Antiseptic. This being a liquid can be used as a spray, douche or gargle in the nose or throat. It is a scientifically formulated solution of antiseptic and soothing ingredients much stronger and more efficient than most similar preparations.

Webster's Cold Tablets are intended particularly for use as the internal treatment in conjunction with the Antiseptic or Catarrh Jelly as the local treatment. They combine as well as possible the cathartic and fever cooling effect that is needed. It must be noted that these tablets do not contain any acetanilide or opium, either of which is in almost every other cold tablet we have seen. Remedies containing these ingredients should be carefully avoided.

Mild soreness in the throat and slight coughs or hoarseness do not require much treatment. The most convenient and pleasant medicine is Webster's Bronchial Lozenges which can be slowly dissolved in the mouth and will relieve these mild inflammations. There is nothing in these lozenges which will upset the stomach, so they can be used with impunity.

When it comes to deep seated sore throats and coughs in the larynx and bronchial tubes that cannot be reached by the gargle the problem of local treatment becomes difficult. Inhalants are for the most part ineffective and disagreeable. We are then thrown back upon the cough syrup, or expectorant, as the physicians call it. This is only in part local treatment, as its principal action is the loosening of the mucus in the bronchial tubes and larynx

so that it can be coughed up, and the quieting of the overwrought nerves surrounding the inflamed points.

We manufacture five different cough syrups adapted to suit every taste and intended for somewhat different purposes but all based on the same method of treatment.

There is the standard White Pine Expectorant. Our make is full strength and contains no morphine or other habit forming drug. It is the old standby, the most popular of all cough syrups and perhaps as efficient as any. This same syrup is also made with pine tar, which adds to its other value the antiseptic effect of that ingredient. Another variety contains menthol, which is peculiarly soothing in the feverish type of sore throat on account of the cooling effect of the menthol.

All three of these varieties of White Pine Expectorant contain chloroform and a small quantity of alcohol, according to the standard formula. This is an objection to some people and particularly so to children, we think. We have therefore worked out another type of preparation which will not upset the stomach as do those containing chloroform and has no alcohol in it. It is called Cherry Balsam and has the delightful flavor of tame cherries, which makes it particularly acceptable to children. Otherwise its effect is the same as that of White Pine Expectorant.

The fifth expectorant is Webster's Syrup of Tar and Wild Cherry. This one is particularly intended to soothe nervous, dry, hacking coughs. It contains nerve sedatives (though not of the habit forming kind) and relieves the desire to cough where coughing does no good. The fact that it is entirely composed of vegetable drugs will commend it to many people.

An additional treatment for sore throat, coughs and bronchitis that is of considerable value is the external form. A flannel bandage or compress soaked in Webster's

White Liniment which has been moderately heated and placed around the neck or on the chest before retiring will prove of great value in loosening and clearing up the condition. This is particularly true of croupy cases. This liniment, used as a poultice or compress, combines the advantages of many of the home made preparations in one and is preferable because it is more readily absorbed by the skin.

CHAPTER IX

THE EYES

The eyes are what we see through and what we see with. The eye itself is a lense very much like that on a camera, with a diaphragm (the iris) and a shutter (the lid). Back of the eye is the retina, which would correspond to the sensitive plate or film of the camera. It is the retina that sees and transmits the vision to the brain.

Serious eye troubles usually occur in the eyeball or retina and generally produce blindness. Of course no one would be foolish enough to treat himself in case of serious affections of the eye, so we will not deal with such troubles here.

The minor complaints of the eye occur on the face of the eyeball or in the lids. The lids are folds of loose skin coming up from below and down from above. They protect the eyes, wash them from dust and keep them moist. The hairs on their edges, called eye lashes, are screens against the wind, dust and light. They also act as feelers to warn the lids of the necessity of closing. If something approaches they feel the disturbance in the air and telephone the lids direct without calling central (the brain). This explains why your eyes close instinctively before you can see a dangerous object approaching.

Healthy eyes do not need continual washing. The old idea that it is good to open your eyes under water so as to wash them is a fallacy. The natural tears wash the eyeballs and the edges of the lids are washed when washing the face with the eyes closed.

The principal care of the eyes consists in avoiding over-strain. If we worked any other muscle sixteen hours a day as we do the tiny muscles of the eye we would be nervous wrecks. As it is it produces more trouble than is generally realized. It is the cause of a large proportion of headaches. It may cause many troubles remote from the eyes such as indigestion and nervous disorders.

To avoid eye strain you must take care not to use your eyes too much and to have a good light to read and sew by. Books with large type and unglazed papers are better. Sit upright or lean slightly back, with your book fourteen inches from your eyes and on a level with them. The light should be above and behind the left shoulder.

If you suffer from discomfort, blurring and twitching of the eyes, drowsiness when reading, or sensitiveness to light; if you have frequent headaches or your eyes are inflamed from no apparant cause you are probably suffering from eye strain and should see an oculist at once. That is the only way to relieve it permanently. The use of eye drops or eye water will not remove the cause but only give them temporary relief. Eye drops which dilate the iris are dangerous except in the hands of a physician. Never allow yourself to become dependent on eye water for relief from eye strain.

"Black eye" is due to the breaking of the blood from the blood vessels through the surrounding tissue. It should be treated with a cold compress to stop the internal flow of blood and then with a hot one to promote the absorption of this blood back into the veins.

"Pink eye" is an irritation of the lining of the lids. Its scientific name is conjunctivitis. Commonly pink eye is called "granulated lids" although this is not correct, as real "granulated lids" are quite different and a serious complaint. Ordinary irritation of the eye also produces red or

bloodshot eyes. The causes are usually excessive tears, cold in the head, excessive drinking, or eye strain. Smoking and drinking in moderation do not affect the eyes of most people. Smoke should not be allowed to curl around the head and get into the eyes.

“Styes” are little abscesses in the lids. They are produced by germs and are due to the reduction of the power of resistance by eye strain. Frequent styes should therefore call for the services of an oculist.

When specks or cinders get into the eye the lids should be held still. Rub the other eye until the tears come. If that does not remove the speck have someone pull out the lower lid and look inside, taking the speck out with the corner of a clean handkerchief. If not there get the person to turn the upper lid inside out by holding the lashes fast to a pencil and rolling it up. If the speck is embedded see a physician at once. There is some danger of contamination in removing particles from the eye, so great care should be used to touch the eye with nothing that is not absolutely clean.

If you need glasses remember that spectacles are better than eyeglasses, because they are steadier and safer. Gold rims are best. Have them carefully fitted so as to be straight and level and not to dent the bridge of the nose and, above all, keep them clean.

“Wild hairs” need not be plucked out. They can readily be combed out by pulling out the lid from which they come and brushing its lashes with the lashes of the other lid from the inside out.

For all these minor eye troubles, pink eyes, styes, inflammation, the pain after the removal of specks, and for temporary relief from eye strain, we have secured the use of a formula from a famous oculist. This preparation, sold as Webster’s Eye Water, is different from any other

we have seen. It is efficient in cooling and soothing the sting, gradually removes the redness and stimulates the nerve and blood supply to restore the normal condition. It contains none of the harmful drugs, such as cocaine or atropine, so often used for their brilliant and dangerous effects. It is harmless, but we do not recommend its constant use, because we do not recommend the constant use of anything on the eye.

When applying Webster's or any other eye preparation do not use the "eye cup." It is objected to by all specialists, as it only washes into the eye all the dust and germs that the lids and lashes have kept out. The proper way to administer is by means of a medicine dropper. Lean the head back and drop the medicine inside the lower lid. Do not close the eye suddenly, but rotate the eyeball and let the medicine dry in the eye. Be careful not to touch the dropper to the eye or lid so as to contaminate them. Do not let the liquid run into the bulb of the dropper, as it will be affected by the rubber.

Headaches have been dealt with in the chapter on the bowels. The eyes are responsible for many headaches, but through a curious and little understood connection between the eyes and the stomach both seem to be affected when anything is wrong with either. The treatment of headaches due to eye strain can therefore be given as though it were caused by the symptoms that occur in the bowels. It will be relieved, but, of course, relief of the eye strain will be the only permanent method of cure. Again we take occasion to call attention to the fact that Webster's Headache Tablet is the only remedy we know of for this trouble that is free from the dangerous drug acetanilide.

CHAPTER X

THE MOUTH

The mouth is the opening to the stomach just as the nose is the opening to the lungs. The two passages cross in the throat and there is a "switch" at that point. If you do not throw the switch at the right moment some food or drink gets into your windpipe and you choke. Air cannot go down into your stomach unless you gulp it down, because there is no suction in the stomach as there is in the pair of bellows we call lungs.

Your mouth is meant to eat with and not to breathe with. It is nearly as bad for your mouth to breathe through it as it is for your nose to drink through it. It does not hurt so much but it is nearly as bad. Your nose has moisture secreted into it every time you breathe and that keeps it moist in spite of the constant evaporation. But your mouth has very little moisture except when you eat or chew and the saliva is secreted. That is why athletes who, on account of extra exertion, have to breathe through their mouths, also to get enough air, often chew gum to keep their mouths moist. Mouth breathing is usually due to some obstruction in the nose and it requires the attention of a physician.

You may have noticed that we headed this chapter "The Mouth" instead of "The Teeth," as you might have expected. This is because the hygiene of the mouth is the important matter and the hygiene of the teeth is but a part of it.

The mouth is the principal source of contagion in the body. It is full of germs. Over 100 different kinds regu-

larly inhabit the mouth. Of course some are harmless, but many are just waiting for the chance of some weakened resistance to start trouble.

Therefore when you brush your teeth remember you are cleaning your whole mouth and not just the teeth. Unclean mouths are the principal causes of ulcerated teeth, inflammation of the gums, pyorrhoea or Riggs' disease, pharyngitis, tonsilitis, etc.

Someone has said that "the tooth brush is the yard stick by which the degree of civilization of a people or nation may be measured." And another says, "The tooth brush is the greatest of all civilizing agents." The tooth brush is meant to symbolize oral hygiene, for the tooth brush alone is almost as useless in the mouth as is water without soap on the hands. The tooth brush will, it is true, dislodge pieces of food from between the teeth if used correctly, but alone it will not cleanse the mouth. And that after all is by far the most important part of it.

The care of the teeth and mouth should begin with infants as soon as they take solid food. In fact, even before the first teeth come, the mouth should be cleansed daily. The mother should wash her right forefinger, wrap it in absorbent cotton, moisten the cotton in a solution of boracic acid and pass it gently over the surface of the mouth, the tongue, under the tongue and between the gums and cheeks.

When the teeth begin to come the same method should be used. After they have all come the child's teeth should be brushed gently with a soft little tooth brush. This should be done before breakfast and before bedtime. As soon as possible the child should be taught to use the brush himself. A regular habit formed at this age will be of inestimable value in later years.

It is just as important to care for the first teeth as it is the permanent set. If decay sets in it will prevent the normal growth of the child's jaw and may seriously interfere with digestion. During this period it is of the greatest importance to commence the practice of seeing a dentist regularly every six months. Do not wait until something is the matter. The dentist's business is the prevention of tooth trouble and not its cure. Give him a chance to stop decay and other troubles before they have gone far enough for you to notice them. There is nothing to be done for a decayed or aching tooth except to have it properly attended to by a dentist. No home applications will produce any permanent relief, and in fact nothing should be tried. As a temporary measure to ease the pain, such "drops" and "waxes" as Webster's may be used beneficially. In fact it is a good plan to have such a preparation always in the house ready for an emergency.

The directions for adults are as follows:—Brush the teeth after rising and before retiring, using a paste, powder or liquid dentifrice on the brush as you prefer. Brush up and down so that the bristles reach between the teeth. This is the place the decay usually starts. Use a brush of medium hardness and throw it away when it becomes soft, stained or worn. Brush gently. Be sure to keep the brush clean. Use dental floss every other day to remove particles lodged between the teeth. If you want to use a toothpick use one of quill, as this is the only safe kind. Instead of rinsing the mouth with plain water use a diluted antiseptic so as to sterilize the parts of the mouth not reached by the brush.

All dental preparations, be they pastes, powders or liquids, should meet the following requirements:—They should be antacids. That is, they should neutralize the acids formed by the germs in the mouth and which attack

the enamel of the teeth. They should be slightly abrasive so as to remove the tartar forming on exposed surfaces and yet not gritty enough to wear the enamel. They should be detergent or cleansing so as to wash away the accumulation of foreign matter from the teeth and gums. They should be mildly antiseptic so as to prevent the growth of germs and yet not strong enough to injure the gums. And, finally, they should stimulate the circulation in the gums and glands so as to freshen up the mouth and leave a clean, pleasant taste and feeling.

Tooth preparations should not contain pumice or charcoal, because these materials are gritty. They should contain no vegetable matter, because this will be left between the teeth and will decay as readily as food will. This rules out orris root and sugar, syrup or honey, so commonly used for this purpose. Finally, they should contain no artificial color or dye which might stain the teeth.

After a careful study of the matter and consultation with the best authorities we have prepared four preparations for the teeth which seem to be ideally correct in formula. They meet all the requirements and avoid all the objections established by the consensus of opinion of dentists and chemists. They follow none of the fads, such as the use of chlorate of potash, an unnecessary and possibly injurious ingredient.

There is a paste, a powder, a liquid dentifrice which can be used either on the brush or as a mouth wash, and there is Webster's Antiseptic, which is recommended for use with the rinsing water. All four are based on similar formulas, but in different form. The flavors are different and in every way they offer the choice that is necessary to suit all tastes.

Webster's Tooth Paste is a delightful white cream put up in decorated tubes with the flat opening which makes it

come out in the form of a tape. The clean, antiseptic flavor and the cleansing foam and body that is produced in the mouth make it easy to acquire a fondness for taking care of the teeth.

With the idea in mind of helping mothers and teachers to educate their children to the importance of the care of teeth we have published a charming little fairy story about the adventures of a small boy who forget to brush his teeth. It presents the perils he went through and the final happy outcome. Attractive illustrations help to make it entertaining and instructive to the little ones. We will be glad to furnish a number of copies to any mother or teacher who will take the trouble to write to us for them. The book is called "The Webster Denties and the Ouchies."

For those who prefer the powder form we make an Antiseptic Tooth Powder which follows closely the lines of the paste already described.

A Liquid Dentifrice such as Webster's cannot of course have any abrasive properties. It is highly cleansing nevertheless and has the advantage of greater penetrating power which goes with a liquid. It is not highly alcoholic, which, according to authorities, is an objection to many tooth washes.

The Antiseptic has already been described. It is a non-poisonous antiseptic more powerful than similar preparations and yet not irritating. It is based on the ideal formula of a prominent professor of oral hygiene. Of general usefulness in the household it is especially adapted to use as a mouth wash or rinse after brushing the teeth.

CHAPTER XI

THE HAIR

The hair is a protection against cold. It will be noticed that the places where hair occurs on the body are either at points where the blood supply is exposed or at points where there is a bone structure near the surface. In this latter case, the tissues being shallow and having therefore a less vigorous circulation of blood, some protection is needed against cold. The scalp is just such a point. The skull is covered with a thin layer of tissue which in itself does not have a sufficient blood supply to overcome the loss of heat from this exposed surface. The hair is therefore a natural and necessary covering for the head.

This real need for a head of hair is commonly lost sight of in the desire for it solely for its beauty and as an adornment to the person. To the average person the latter is the prime consideration.

The hair grows from a root in the scalp and for a certain distance is fed by fluids from within just as the sap nourishes a plant. It is through this tiny channel that the coloring matter is provided. Now the hair depends just as much on the scalp as a plant does on the soil it grows in. You blame the soil for the failure of a plant to grow. Just so you can blame the scalp for the failings of the hair. The scalp should be thick, pliable and move freely over the skull. If it is tight and thin the normal blood supply is partly shut off and the hair cannot be properly nourished.

The glossiness of the hair is due to oil secreted from the scalp and spread over the outside surface of the hairs. This adds to the beauty of the hair, but its real service is as

a protection and lubricant. It keeps the hair from becoming dry and brittle. The normal secretion of this oil depends on the blood supply in the scalp.

The hygiene of the hair then has but one purpose; that is, to keep a full growth of glossy hair through life. It does not concern itself with the preservation of the color of the hair, for that cannot be done. As one authority has it, "The best thing to do to gray hair is to admire it."

The care of the hair comes down to the care of the scalp. The principal causes of loss of hair are deficient circulation in the scalp and constant excessive dandruff. Dandruff is not a disease but a symptom. In fact, if it is not excessive it is not even a symptom of trouble. There is normally a constant unnoticeable scaling off of dead skin from all parts of the body. This scaling is noticeable on the head because the hair holds the scales after they have fallen off. If the scaling is excessive, however, it is a sign either that the skin of the head is not well nourished on account of a poor blood supply in the scalp or that some parasitic disease is causing the process to go on more rapidly than is normal.

How, then, to care for the hair so as to prevent its loss? In the first place keep it clean. Shampoo it every two weeks or every month. If you have an oily scalp you can do it oftener. If you have a dry scalp once a month is enough. To shampoo, wet the head with warm water, lather well with a pure soap that gives a heavy lather, rub the soap into the scalp with finger tips until the scalp glows. Then wash out with warm water and rinse with cold water to prevent catching cold. Dry with a thick, soft towel. Do not arrange the hair until it is perfectly dry and do not dry it with warm air. Both these things tend to make it brittle.

If the scalp is very dry afterwards add a little pure oil to the scalp itself by means of a medicine dropper and

spread it around with the finger tips. When the scalp is too tender to endure soap a solution of borax in water may be used or the yoke of three eggs in a pint of lime water.

In order to have a soap with an exceptionally foamy lather for use on the hair we have prepared a liquid soap called Webster's Egg-Tar Shampoo. The cleansing properties of this shampoo are increased by the white of egg contained in it which at the same time has a soothing effect on the scalp and avoids the irritation which is sometimes caused on sensitive scalps by soap. The tar present has an antiseptic value that is well recognized. This preparation we think is the best for the purpose.

The brushing of the hair should mean the brushing of the scalp. This is the daily process of cleansing resorted to as a substitute for soap and water which cannot be used so frequently on the hair. When you brush, brush the scalp hard enough to warm it and to rub off all the dead scales or dandruff. This should be done at morning and at night. Of course you must not do it hard enough to make the scalp sore. It will not cause loss of hair, but, on the contrary, will stimulate the circulation and thus help to replace weak hairs. You should use your brush just as you would groom a horse.

The brush for children should have long, soft bristles. For adults it should be stiff with bristles set in groups quite far apart. The center bristles of each group should be longer than the outside ones. Wash and disinfect your brush once a week in a strong borax solution.

A comb is simply to assist in arranging the hair. It should not be allowed to touch the scalp. Select a long, thick and wide comb, with smooth teeth wide apart and with well rounded ends. Only use fine combs to disentangle hairs. Fine tooth combs often used on babies are the cause

of much of the head eczema among them. They should never be used.

The arrangement of the hair is a very important part of its care. The simplest way is the best. Twisting in knots, curling, the wearing of wigs or false hair, the use of powder, etc., are all bad. In arranging it be careful not to pull or drag it. Hot curling irons are harmful. Hats should not be worn except when necessary and should then be ventilated. Men's stiff hats pressing tightly on the arteries of the forehead and side head and thus shutting off the blood supply are frequent causes of baldness.

Women should cut back split hairs below the split and cut out weak hairs near the head. Hair dyes are usually dangerous, as they are commonly composed of two poisonous ingredients which will seriously injure the hair. Singeing the hair is an absurd custom. The theory that it is supposed to close the ends of the tubes is based on a fallacy.

It is very desirable for men to shave themselves. This is the best way to avoid infection. The razors should of course be kept sharp because if dull they inflame the skin. Some powder or lotion should be used afterwards to protect the tender new skin exposed by the process. Several preparations for this purpose are described in the chapter on "The Skin." Webster's Witch Hazel Jelly is perhaps the most pleasant and effective for the purpose. Barber shops are the most frequent source of contagion both for the parasitic diseases of the hair and for certain facial skin troubles. See that your barber is careful as to matters of hygiene. It pays to patronize a first-class establishment. Pomades are an unnecessary and dirty hair treatment and to be avoided. If cut by shaving use absorbent cotton to stop the bleeding and not an alum stick.

The most serious danger to the hair is excessive dandruff, which is the commonest cause of baldness. As we have said, it is due to deficient circulation or parasitic troubles or sometimes to the use of irritating wire brushes, scratching, dyes, too frequent washing or too alkaline tonics or soaps. It is more frequent with men than with women.

Baldness usually comes from the same causes that produce dandruff. It may however be hereditary or due to natural reduction of vital functions in old age.

Both dandruff and the loss of hair should be treated at once. If the hair is allowed to go until the head is bald it is much harder to restore and it may be impossible. Both take constant and patient treatment to remedy. For several years we refrained from making a remedy for dandruff and loss of hair because we found that hair tonics generally were highly alcoholic perfumed lotions with little or no effective medication, depending for results largely on the directions for massaging the scalp. Such preparations did not coincide with our policy of offering only meritorious articles. However, upon the urgent solicitation of our chief chemist, we were persuaded to study the matter and after consulting specialists in the diseases of the hair we became convinced that a truly medicinal hair tonic could be made if it were worked out along quite new lines.

The public has been educated to the use of sweet smelling hair lotions which dry rapidly on the head, leave a pleasant odor and feeling and, in the opinion of most medical men, do no good except to encourage the rubbing of the scalp, which is beneficial. Now, there is a large percentage of alcohol in these preparations, which makes them dry rapidly and which is distinctly harmful. In such cases the scalp does not need drying. It needs moistening. But the perfume cannot be included without the alcohol.

We made up our minds that if the public could get a really effective hair tonic that did not have the objection of a high percentage of alcohol they would put up with the odor of the real medicinal ingredients and the moistness of the scalp and hair that should be produced.

Webster's Hair Tonic was finally formulated after many experiments along these lines. The extraction of the medicinal elements of the drugs used is accomplished by means of acetic acid instead of alcohol. Acetic acid is itself an effective tonic to the hair much used and recommended by physicians. It gives Webster's Hair Tonic the odor of vinegar and makes it resemble the hair vinegars so much used in Europe.

The other ingredients include the best agent known for the destruction of parasites on the scalp, a specific tonic to the hair roots, three stimulants to the circulation in the scalp and a chemical which soothes irritation and leaves the scalp in a moist condition.

For those who want results and are not just looking for a perfumed hair dressing this scientific formula offers the best remedy for dandruff and falling hair that has yet been devised. It must be used persistently and thoroughly. The rubbing of the scalp necessary to rub in such a tonic is highly useful in itself. We recommend its application every night before retiring, as in that way the medicinal odor will have disappeared by the next morning.

CHAPTER XII

THE FEET

In our original ancestors, before there were upright walking creatures called men on the earth, the feet were like the hands. Ages of walking on the hind arms has changed these hands into feet. The ankle, formerly a wrist, has turned at an angle, the fingers have shortened into toes, the palm has toughened into a sole and the heel has developed.

All this happened naturally and without injury to the foot. But in the last 2,000 years man has found it more convenient and sometimes more comfortable to clothe the feet. At first he merely protected them with sandals, but this changed later to air-tight, tough, hard coverings of leather called boots or shoes. Then came the trouble. And it has been growing worse ever since.

Nowadays the feet have no ventilation. So there is little opportunity for evaporation to keep them dry and cool. They are pinched out of their natural shape by shoes either poorly made or fashionably made without regard to the shape of the foot, and the stiff covering constantly rubbing on exposed parts of the foot causes callouses or corns. These are the three principal causes of foot trouble.

The hygiene of the feet consists largely in guarding against these troubles. Prefer low shoes to high except in very cold weather. The ventilation is better. Avoid patent leather, which is impervious to moisture. Do not wear rubbers or overshoes except when necessary.

Wear shoes that are made the shape of the foot. The inside line should be straight; the toe should not be pointed;

the shoe should be long enough; the sole should be flat, not raised at the toe, and the heels should be broad and low. High heels make weak arches. It requires some courage to disregard fashions in shoes, but one is more than repaid by the foot comfort and health achieved.

Stockings should be changed every other day. Those who are troubled with moist feet should change every day. The feet should of course be washed every day at the daily bath. Dry without rubbing, as the skin is tender.

It is an excellent plan with everyone to change the shoes and stockings before the evening meal. This gives the feet a rest and keeps them in better shape. Many people have found that wearing a pair of shoes only on alternate days promotes foot comfort. Every pair of shoes differs a little and this varies the points at which rubbing and pinching take place, so that no soreness is produced.

Swollen or perspiring feet usually come from old age and lack of exercise or from standing or walking a great deal. Tenderness arises from perspiration and from wearing too thin soles or too tight shoes. The proper treatment for all such troubles is a hot medicated foot bath at the end of the day and the use of a lubricating foot powder dusted into the stockings or shoes at the beginning of the day.

With this in mind we have designed a Foot Powder which serves both purposes. It can be dissolved in the foot bath as well as can the ordinary foot tablets and can be dusted into the shoes as well as the powders that will not dissolve. This double usefulness coupled with the larger package makes it very popular. This powder acts as an antiseptic and a soothing deodorant, as well as withdrawing the blood from the surface of the feet and thus reducing the perspiration. Bad smelling feet are sometimes due to uncleanness, but very frequently to the fact that the perspiration happens to be offensive and by being confined in

the shoes is more noticeable at that point. Webster's Foot Powder destroys the odor of perspiration on the feet or on any other part of the body. Where the perspiration smells badly this powder is just as useful under the arm pits and at other points as it is on the feet.

Corns, bunions and callouses are all the same. They are simply hardened skin, nature's self protection against excessive rubbing or pressure. They do not grow from within out as is generally supposed, but develop from the outside. The so-called root is simply the apex of the corn and is gradually developed by the pressure of the hard surface on the tender tissues underneath.

To prevent corns wear well fitted shoes that do not rub or press on the points where corns usually develop. Do not let the sole wear down so that a callous is developed on the ball of the foot.

There is only one safe way to remove corns, bunions or callouses. That is by a remedy which softens them and makes them easily removable. Cutting them out is ineffective, because it leaves exposed tender tissues that at once become tough again in self protection. There is also danger of infection in the use of a knife.

Webster's Corn Remedy is a red liquid applied by means of a glass rod. It dries on the corn like liquid court plaster. After a few applications the corn has been softened and will readily pull away from the live tissue round it, leaving only a thin coating which will then heal over with natural skin. This liquid has the property of eating into dead tissue like corns without reaching the live tissues underneath. Its red color helps to prevent applying it to the live skin around the corn. This preparation really does stop the pain of the corn almost immediately and is the only one we know of that does.

We also prepare a Corn Salve with exactly the same properties. This is intended to apply to corns inside of a corn pad or ring so as to prevent its being rubbed off.

You must not expect to have your corns permanently removed by these methods. After getting them out see that the same pressure that caused them is removed, for they will certainly come back if it is not.

CHAPTER XIII

DOMESTIC HYGIENE

HOUSE CLEANING.—What is the real objection to dirt? Simply this, that it contains and breeds the germs of disease. With that in mind you will see that the real object of house cleaning is to remove all disease producing dirt from the premises. Sweeping it off the floors into the air or getting it out of sight is just a waste of time, for you do not get the result you are working for. All dirt and dust should be removed by means of wiping with damp cloths, scrubbing with soap and water or rubbing with an oiled mop. The best way of all is the vacuum cleaner, but of course these are still too high priced for most pocketbooks.

House cleaning should be done once or twice a year so thoroughly that the home is really clean. In addition it is well to use a carpet sweeper on the carpets and rugs, a mop on the floors and a moist cloth on the furniture once a week. Furniture polishes have some value as germicides, but are principally used to give the neat, cleanly appearance of a well-kept-up household. Realizing the hard work that house cleaning involves we have devised a furniture polish that lightens this labor because it does not require so much rubbing to produce again the high finish of new furniture. It is quick drying, not greasy or sticky and will not give that smoky look that follows the use of ordinary furniture polishes.

CLOTHES CLEANING.—The principal cleaning of clothes is the laundering of those that come next to the skin. As all these should be changed once a week at least, wash day in most households is a regular weekly job. We also wear

outside clothing, such as collars and shirts, which show the dirt and are therefore washed frequently. But unfortunately we are apt to sadly neglect that outside clothing which does not show the dirt, though it becomes exactly as dirty as our white clothing.

Outside clothing should be cleaned once a month. This can be done by airing, brushing and removing the grease spots. Dry cleaning is the best method, but as it is done only in regular establishments it is too expensive for the average family. Our chemists are now experimenting to perfect a dry cleaning outfit which can be used in the home, and we hope to offer it in the near future.

DISEASE PREVENTION.—Besides dirt other common sources of disease in the home are bad air, contaminated drinking water, flies, bugs, vermin and rats. Ventilation is all important. The house should be thoroughly aired daily and fresh air should be coming in at all times. It is worth the cost of a little more coal to reduce the bills of the doctor and druggist. The source of the drinking water should be jealously watched. It is well to consult someone who knows as to the purity of your supply.

All insects and vermin are disease bearers and should be eradicated. Various preparations are offered for these purposes and should be consistently used. Some of these preparations are dangerous. This is true particularly of the rat poisons which usually contain arsenic or phosphorus, both virulent poisons. Webster's Rat Paste is a compound of two chemicals which are deadly to rats and mice but not dangerously poisonous to domestic animals or human beings. It is very effective and drives the rats out to look for water so that they do not die in the house.

FOOD.—Too much attention cannot be paid to the purity and the cooking of food. It is much safer to cook all food, as this destroys the germs. If the food is spoiled, however,

cooking does no good, as the germs have already produced poisons or ptomaines, which cannot be removed.

Be careful not to allow the food to be exposed where dust, dirt, flies and other insects and vermin can get at it. This is the chief cause of danger. Milk, as it is used uncooked, is a common source of infection. Be sure of your dairy. See that the milk is kept well, is fresh and that the herds are in good condition. Meat is the other most difficult article of food to have pure and good. Present day facilities provide city dwellers with well kept fresh meat. For the country dweller smoking is the best way to preserve meat and the old-fashioned smoke house is the best way to smoke meat. But those who have no smoke house can preserve their meat as well and with the same delicious flavor by means of a solution of smoke such as many of the big meat packers are now using on their hams and bacon. Webster's Smoke (Solution) is made by the condensation of wood smoke and contains all the elements that would be absorbed into the meat hanging over a wood fire. It can be painted on with a brush and will keep the meat fresh indefinitely. This is a great boon to the people in the country.

It is safer to buy food in original packages, as this protects it from contamination.

Dishes should always be washed in boiling water and dried with clean towels. Cleanliness in these matters is a first law of hygiene.

The white flour of the present day is not nearly so nutritious as whole wheat flour. It is just a fad, made to suit those who want their food to look pretty.

Good baking powder is harmless. All the talk about it is much ado about nothing. But there is no denying that hot, fresh breads, whether they have been risen with baking powder or yeast, are not as digestible as they are after

the fermentation of the first twelve to twenty-four hours is over.

For some reason people who are particular about their water supply often use ice which has been taken from polluted sources. Now, the freezing of the water does not kill some of the most virulent germs. Attention should be paid to the source of your ice supply. See that the ice is clean and clear.

Beverages, while they have little or no food value, are an important part of our dietary. Food and drink have always been of equal importance to man. And in past times the drink has usually been strong drink. Nowadays with the great advance of the temperance movement there has been a vast increase in the consumption of soft drinks, or non-alcoholic beverages. Coffee, tea and cocoa are usually used with meals. In moderation they are harmless to most people and have a mild, pleasant and enlivening effect. The between meals beverages are soda water, grape juice, root beer and countless fancy drinks. Grape juice and root beer can be served at home and make harmless and delightful beverages. For many years we have prepared Webster's Root Beer for home use. It comes in a little bottle which when added to sugar and water makes five gallons of this popular drink. With the addition of a little yeast it can be made into a carbonated root beer just like that which is served at the soda fountains. It has long been very popular, and is perhaps the cheapest home beverage that can be made.

CHAPTER XIV

FIRST AID TO THE INJURED

CUTS.—Wash with absorbent cotton and cold or very hot water; then wash with Webster's Antiseptic or Peroxide of Hydrogen. If blood spurts out you may know that an artery is cut. Stop the bleeding by pressing directly on the cut, not by a tourniquet. The latter is injurious. If a small cut, cover with a little Webster's Dermolatum or Carbolic Salve or Court Plaster. The last is least effective, as it delays healing. If a large cut the Dermolatum should be applied freely and the wound should be well covered with a bandage.

WOUNDS OR TEARS.—These should have the same treatment as cuts. Bring the edges of the skin together as much as possible. Bandage loosely.

PUNCTURES.—Allow the blood to wash the wound clean. Then apply Dermolatum to relieve the swelling. If the puncture was made with a needle be careful not to break it off in removing it. If made with a fish hook the hook should be carefully turned out, point first, not torn out.

SPLINTERS.—Pull out gently, or remove with a needle. Do not use pins, as they are made of brass. Apply the Antiseptic.

DOG BITES.—Press out or suck out the bite and apply a dressing of cold water. To heal, apply Dermolatum and bandage. Hydrophobia is a rare trouble, but it is safer not to kill the dog; keep him and see if he is mad. If so, take the patient immediately to the nearest Pasteur treatment.

SNAKE BITES.—Tie a cord tight above the bite to keep the poison out of the circulation. Press the wound out under water. Give stimulants.

BRUISES.—Apply ice water compresses at first. Then cover with Dermolatum or White Liniment.

SPRAINS AND STRAINS.—Put the part in very hot water. Rest completely. Then dress with cold water compresses. When the acute pain and inflammation are gone rub the part frequently with White Liniment. If you can have a skilled person apply a bandage so as to support the part properly it is better to use the limb as soon as the pain will permit.

FRACTURES.—Breaks in a bone require a surgeon. Call one at once. Meanwhile keep the patient at rest. Apply splints to hold the bone ends steady. Handle the limb with the greatest care.

DISLOCATIONS.—If a limb is put out of joint the patient should be put to bed. Lie on the back. Bandage carefully and apply ice. If a large joint a surgeon should be called to put it back. Small ones can often be pulled back easily.

BURNS AND SCALDS.—Burns from fire and scalds from hot liquids should be dressed at once with saturated solution of baking soda and the air should be excluded by means of the dressing or moist bandages. When this dressing begins to dry remove and apply a thick coating of Dermolatum and bandage. If the burn is produced by acids apply baking soda solution. If by alkalis apply vinegar. Burns and scalds of considerable extent are dangerous. A physician should be called at once in such cases.

FROST BITES AND FREEZING.—Apply cold water or snow before going into a warm place. Wait until the frost has thawed out before going in. Then apply Dermolatum and bandage if freezing covered extensive surface.

SUNSTROKE.—Take a cold bath. Go to bed and apply ice to the head.

FAINTING.—Keep the head low and the feet high. Give plenty of fresh air. Loosen the clothes around the neck and chest and throw cold water on the face. Hold Webster's Toilet Ammonia or some smelling salts under the nostrils. Do not use any strong ammonia, as it is injurious. If this does not restore apply heat to the body and send for a physician.

DROWNING.—Place the patient on a barrel or box face down, so that the belly is raised. This will help to remove water from the lungs. Produce artificial respiration by working the arms and shoulders back and forward so as to contract and expand the chest.

CONVULSIONS.—Give a hot bath. Raise the head and apply cold water to it. Do this for five minutes and then wrap up in warm blankets. Give an enema with a fountain syringe. Call a physician.

NOSEBLEED.—Elevate the head and arms. Press the nostrils. Absorbent cotton moistened with vinegar and applied inside the nostrils will contract the blood vessels and tend to stop the flow. Do not blow the nose. Apply ice to the back of the neck and to the forehead.

POISONING.—Look out for bottles of poisonous medicines. Everything marked poison and every remedy for external use should be put away carefully in a safe place.

In cases of poisoning evacuate the stomach by giving an emetic of a tablespoonful of mustard in a tumbler of luke warm water. If this is not available give a half glass of warm water with all the table salt that will dissolve in it. Tickle the throat to produce vomiting. After vomiting give large amounts of milk or water and an enema.

If collapse results give a stimulant, such as hot coffee or whiskey. Hold Violet Ammonia under the nostrils. Lay the patient on the back. Cover warmly with blankets and apply hot water bottles.

GENERAL DIRECTIONS FOR BANDAGING.—The materials used for bandages are muslin, flannel, gauze and cheese-cloth. The ready made sterilized gauze bandages which are sold in packages are best.

Apply the bandage firmly and evenly and neither tight not loose. Do not let it gap between turns. Do not drop a bandage on the floor or let it get soiled. A dirty bandage is far worse than none. Fasten by pinning, or with adhesive plaster or by sewing. Pin with the points down, concealed in the folds.

Begin at the smaller end of the limb. Roll the bandage directly around two or three times and then spirally, ending again with two or three rolls over each other.

Circular bandages are applied to cylindrical parts only. In this case one layer is laid directly over another.

Spiral bandages are applied to conical places. Start at the small end and make each fold cover part of the previous one.

Spiral reverse bandages are applied to conical surfaces where the size increases rapidly. Start at the small end and at the end of each turn, twist the bandage so that the upper edge becomes the lower edge. This simply enables you to take up the slack on one edge.

Figure eight bandages are applied to angles, such as shoulder, elbow, etc. This style of bandage permits bending at the center. It is laid like a double spiral bandage. If motion is desired lay the different folds directly over each other at the points of intersection.

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Little Liver Pills	25c	53
Morol (Cod Liver Oil)	\$1.00	28
Neutralizing Cordial	25c and 50c	54
Pile Remedy	50c	56
Rat Paste	25c	86
Rolling Cream	50c	33
Rose Cream	25c	35
Sarsaparilla Compound	\$1.00	28
Senna Compound	25c	54
Skin Treatment	\$2.00	39
Smoke (Solution)	75c	87
Sodetts	25c	52
Sulphur and Cream of Tartar Lozenges	10c	28-56
Syrup of Tar and Wild Cherry . .	25c and 50c	64
Talcum Powder (Baby)	15c	36
Toilet Cream (Greaseless)	25c	34
Tooth Paste	25c	73
Tooth Powder	25c	74
Toothache Drops	10c	72
Toothache Wax	10c	72
Violet Ammonia	25c	35-91
Violet Talcum	25c	35
White Liniment	25c and 50c	42-65-90
White Pine Expectorant	25c and 50c	64
White Pine Expectorant with Tar	25c and 50c	64
White Pine Expectorant Mentholated	25c and 50c	64
Witch Hazel Jelly	25c	35-78





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